



What's with UUS

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



Minister's Message



What Will Become of our New Space - Raising a Temple
Rev. Anya Sammler-Michael

Kenneth Patton, the storied Universalist minister of the mid-20th Century wrote:

"We have been warned against leaving the temples of our upbringing, but we have discovered that every temple in which men and women have worshiped is also our temple, if we enter it with the spirit of our common search for goodness of life."

Dear community, many of us have left the temples of our upbringing whether those were temples of stained glass and icons or temples of purely rational thought. Many of us have dared enter new temples – have traded the usual for the universal, the common for the transcendent.

And now we are in the business of temple raising. So let's define what sort of temple we hope to raise. The walls are there, the ceiling, the paint, the carpet, and the tile. We have defined the space – with what shall we fill it? I don't mean artifacts or art work though I hope that any we choose will support and sustain our vision. What I mean is intention – what love, what hope, what spirit will we use to raise our temple? It

(Continued on page 2)

President's Message



Exciting Times!
Bonnie Lepoff

We move from task to task, from project to project, guided, if not driven, by our watches and calendars. Our tasks

may be the mundane – laundry and dinner – or the exotic – the buildout of our new church space. Whichever it is, we don't usually appreciate the value, the importance, or even perhaps, the "interestingness" of these activities until we step away, take a break, do something totally out of the ordinary, and look back in on our lives from the outside.

Last month, courtesy of Mother Nature, we all received the gift of extra time. For several days our normal routine was suspended. No school, no community activities, no driving anywhere, and for some, no electricity. You could do anything you wanted as long as it didn't involve leaving your home, and in some cases, as long as it didn't involve a power switch. It was as if we were living in an alternate universe.

Did you not have a different view, a better appreciation, for life's mundane activities when Mother Nature returned you to the real world? When was the last time you felt grateful that you could do laundry or drive to the store? For a day

(Continued on page 2)

Worship Calendar

Rev. Anya Sammler-Michael

March 7th "Accountability" To whom or what do we hold ourselves accountable? Rev. Anya Sammler-Michael reflects on this theme with reference to the work of anti-racism. An inquirer's class will follow our service at noon.

March 14th "Letting Go" What do we need to let go of so we can be fully present to ourselves, our loved ones, and our world? When does holding something tight hold us back from our potential? Rev. Anya Sammler-Michael leads our service. The UUS Choir led by Kris Adams will sing.

March 21st "Ostara – The First Day of Spring" Our intergenerational service touching on earth-based traditions will be led by the Women's Earth-Based Spirituality Group. The children's choir will sing.

March 28th – "History has a Purpose and Humanity has a Destiny" These ideals are at the core of the Jewish faith. We will discover their depth by reflecting on the theme of Passover. Rev. Anya Sammler-Michael will share our service. The UUS Choir led by Kris Adams will sing.

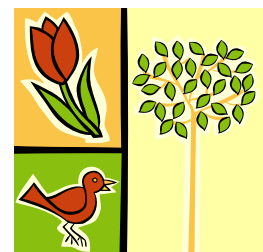
April 4th – "Hallelujah" - An intergenerational Easter service for rejoicing. Our service will be led by Rev. Anya Sammler-Michael. We will hear music from the UUS Choir led by Kris Adams, as well as from special guest musicians.

Building Dedication Celebration!

Save the Date: May 23, 2010

Lunch will be lovingly orchestrated by board member and chef extraordinaire Dorine Scher. A **Ceremony of Dedication**, led by Rev. Anya, will be held for esteemed guests and the UUS community. After the ceremony, **cake and coffee!**

We deserve a celebration! What an awesome future we have enabled!



(Minister, Continued from page 1)

is intention that makes four walls a place of worship. It is intention that makes a community a congregation. It is intention that makes our new space a temple.

I spent a few hours a few weeks back with a group of congregants who were helping move our office furniture upstairs into the new office loft. There were grunts and groans. There were items removed from one space that had to be replaced. There were plenty of ideas of where the furniture should go. There were cut fingers. There were hurt backs. And there was laughter. There was joy. There were three generations sharing the labor. There were accolades. And after all of it, there was pizza.

As Ken Patton says – “We have discovered that every temple in which men and woman have worshiped is also our temple, if we enter it with the spirit of our common search.” What he means is tied to what our crew of movers experienced – that we will have different ideas about where the copier should go, but if we take the time to listen, speak our hearts, then listen again, not only will the copier find its “rightful” place, but we will as well – among one another, in community, with love.

A temple is not holy until the people who worship there make the holy manifest. The holy for Unitarian Universalists is not one particular idea or ideal but the hope that we do not have to think alike to love alike. If we live this hope in the new space, we raise a temple. Frustrations will come. Conflict will come. Change has come. But none of these has the power to destroy our temple if we commit ourselves to “entering it with the spirit of our common search for the goodness of life.”

May it be so. – Rev. Anya

(Continued from page 1)

or two it was kind of fun. Then we wanted our lives back.

In mid-February, I had the distinct pleasure of taking my first Caribbean cruise. It was a different alternate universe. For a whole week I didn't have to cook, or clean, or do laundry. I didn't have to do anything but relax in the sun – and eat. No phone or email, either, so I was totally out of the loop on all the happenings at UUS. I cannot tell a lie; I could have handled another week of this alternate universe. But I knew things were happening back in the real world. The sanctuary took on a totally new look while I was gone, going from construction site to finished space with new paint and carpet. The Stewardship Campaign process was announced and the dinner sign-ups began. And the snow was melting. It was time to leave this alternate universe and return to the real world. Exciting times are ahead as we settle in to our new space and plan for next year. I can't wait!

See you in church!

Bonnie Lepoff

blepoff@cox.net

Adult Education Opportunity

Contemporary Bible Study

Leader: Rev. Anya

Number of Sessions: 6

Days and Dates: Sundays: April 11, 18, and 25, 2010; May 16 and 23, 2010; June 6, 2010.

Time: 12 o'clock noon to 2:00 p.m.

Open to: Adults

Our study will be based on the book *A Wind Swept Over the Waters - Reflections on 60 Favorite Bible Passages* by John Nichols. Whether you have given many hours to studying the bible or none whatsoever, this class promises to inspire and invite introspection as well as discussion.

Joseph Priestley Spring Conference

Save the Date! April 16 and 17, 2010, in King of Prussia, PA. For more information and/or to register, go to www.jpduua.org or ask Rev. Anya



MYTHICA
www.MythicaMusic.com

"A true fusion of our Celtic heritage with the future!"
- Celtica Radio On Demand

FRIDAY, MARCH 12 | 6:30PM
UU CHURCH OF STERLING
22135 Davis Dr., Sterling, VA

MYTHICA is a high energy, award-winning Celtic, World & acoustic rock band that will take you on a sonic rollercoaster ride through time and culture!

Free Tarara Winery tasting with each ticket!

Benefit for Loudoun Cares
Suggested donation of \$10 per person, or \$25 for families of 3 or more.
For info, call (703) 406-3068.

Love Can Hurt

Linda Weaver

The children begin every Religious Exploration session by lighting their chalice. On February 14 one child asked about this. I explained that the chalice is a symbol of Unitarian Universalism and that one may think of the bowl as holding all Unitarian Universalists in our congregation and the world and the flame as the love we share. It was quickly pointed out that the flame in the RE chalice is fake, coming as it does from a battery-powered candle. After an adult explained that this is for safety, another child commented, “love can hurt.”

Yes indeed, love can hurt and love can even be dangerous. This was an especially fitting connection to make as we considered the meaning of “Standing on the Side of Love” this Valentine’s Day. To explore the meaning of these words, I invited the children to identify the genders they think of in relation to various colors, clothing, pastimes, and occupations. The children easily identified the assumptions our society teaches. When encouraged to reconsider each of these assumptions, they readily accepted and often enthusiastically pointed out the fallacy of the stereotypes. However, they also talked

about the difficulty of not following some of these expectations and the dangers of supporting another person who does not follow gender stereotypes.

Standing on the side of love sounds simple and it sounds like something everyone would embrace. However, it can be very difficult and painful. Unitarian Universalists have long realized this. We have a history of providing support to each other in the scary and difficult attempt to build a world that is fairer and kinder to everyone. In Religious Exploration at UUS we continue this work by providing an accepting and supportive community where all people can discover their own strengths, their own beliefs, and their own paths. We strive to build a nurturing place where all people are appreciated for who they are and all people can build up the courage and resolve to stand up for their own beliefs and the rights of others. We hope you will join us in this endeavor, whoever you are and wherever you are in your life.

To find out about the children's RE program or to let us know how we can serve your family, please contact Linda Weaver at re-director@uusterling.org or 703-406-3068. Information is also available on the UUS website at www.uusterling.org or in brochures near the door at UUS.

Intergenerational Worship

Karen Houck and Linda Weaver

All ages gathering and worshipping together make intergenerational services special. These services are an important part of building the UUS community into an extended family that embraces each member from cradle to grave and shares in each other's energy and wisdom. Many adults have commented about how important it is to see the children at these services. Parents, your children are what makes these services special! Their comments, reflections, questions, babbles, and cries help make our church a community.

Intergenerational services are a wonderful time for families to attend church together; everyone can be a part of the worship. It is also a great opportunity for your children to see what goes on during the service when they are usually in their Religious Exploration classes. Parents, the UUS community looks forward to seeing and hearing you and your children!

Roving Reporter

Susan Rose

This is the snowiest winter we've ever had. What are your thoughts on snow or winter?

Fordon (8) I liked the snow 'cuz I got to stay inside and play my video game!

Molly S. (10) The snow was really awesome, I loved it!

Andrew (4) I would have guessed 2” and it was 72”!

Colton (8) As to good or bad, I liked the snow—I got out in it!

Anna (3) I loved the snow (I love to eat snow)!

Grace (8) I loved it. I went sledding!

Matthew (15) I liked the snow 'cuz I got quite a bit of money shoveling it!

Noah (13) I liked being out of school—we got an entire week off!

Julia (18) When the snow first hit I really liked it but then I got really bored, and can't wait to get back to school!

Children's Religious Exploration Schedule			
	Preschool Circle	Kindergarten - 5th Grade	Middle School
March 7	Family of Earth	Buddhism - Wesak	Taoism
March 14	Rain	Buddhism - Tet	Taoism
March 21	Spring	Attend Service	
March 28	Spring	Confucianism	No Class
April 4	Easter	Attend Service	
April 11	Cooperation	Taoism	Unitarian Universalism
April 18	All Colors	RE Social Justice Sunday – Partner Church	
April 25	Lei Day	Sikhism	Attend Youth Service
To find the names of the leaders and assistants for each session, go to the UUS calendar at http://www.uusterling.org/ , find the correct month and day, and click on the RE class session you would like to view.			

Unitarian Universalists of Sterling Board of Trustees

February 3, 2010, Meeting Minutes

Present:

Minister: Rev. Anya Sammler-Michael
President: Bonnie Lepoff
Treasurer: Paul Roche
Director of Religious Exploration: Linda Weaver
Former President: Dave Miller
Secretary: Joan Johnson
At-Large: Belinda Bullock
At-Large: Lindy Reeder
At-Large: Ken Ward
Youth Member: Julia Burns
Absent: At-Large: Dorine Scher

Finance Report: Paul reported that we will carry a balance of about \$5,600 into 2010. Member tax statements have been issued. The 2010 budget has been approved by the Finance Committee and is reflected in the updated Strategic Plan. The target for pledges for the upcoming pledge drive is \$180,000.

Old Business:

Stewardship Campaign: Bonnie will notify us via e-mail of the outcome of committee meeting tomorrow.

Chalice Lighter Grant: Updates to the Strategic Plan were approved and Paul will submit it for the grant application.

Facilities/Aesthetics: Dave reported that remodel will be complete in the next week to 10 days or so. There may be problems with next service, such as no sound. The worship space will be available for the tenant's use tomorrow. Need to decide what to store in our new space. Flooring will arrive next week and new carpet should be done by February 14. Parking after service in front of Featherheads is not allowed. Parking is available on the other side of the building.

Website: Dave Lum is the new webmaster. We need an audio tech person and an e-mail administrator.

By-Laws. Joan provided revisions and the Board identified one correction. The

final version will be approved at the next Board meeting.

Subtenant. Joan volunteered to be Board liaison with subtenant and attend meetings with Anya. She will call to introduce herself and provide contact information as well as remind them that part of the rent remains due.

Worship Arts Festival. Ken will remind Worship Associates of this event. Rev Anya is leading a workshop.

Mythica Music concert will be March 12. We need to sell tickets. Less UUS expenses, half of the ticket price is for Mythica and half for Loudon Cares. There will be a wine tasting.

Building dedication will be March 28 (Changed to May 23 [Ed.]). There will be JPD guests. Bonnie is working on ordering dishes for the new space. A wireless sound system is being ordered. New chairs will not (should [Ed.]) arrive for the dedication.

Upcoming JPD Spring Conference is April 16-17, 2010 in Valley Forge.

Youth Service will be April 25.

Cards: Thank yous for Dave Lum, our new webmaster; Trish and Harry for new hymnal rack and dulcimer music; and Susan Miller for loaning Dave as project manager for the new space build out!

Board Host Schedule:

Feb. 7 – Bonnie Lepoff
Feb. 14 – Joan Johnson
Feb. 21 – Lindy Reeder
Feb 28 – Julia Burns
Mar. 7 – Belinda Bullock
Mar. 14 – Dorine Scher
Mar. 21 – Ken Ward



March Eco-Tips

Kim Cleland

This month's tips revolve around ways to eat locally produced food.

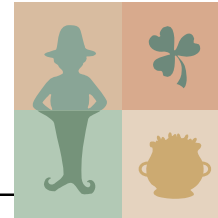
Join a CSA (community-supported agriculture group) where you pay for a share (or half share) in advance and then get a weekly delivery of (or go pick up) fresh vegetables and sometimes fruit, eggs, or flowers, depending on which CSA you join. CSAs help small local farmers by giving them a reliable source of income ahead of the harvest. You benefit by getting some great food--there's no better way to eat better than to have a bunch of veggies to use up! It's fun to see what you get every week. Some CSAs also have pick-your-own bonuses, which add to their value. Sign-ups happen in the winter (now!), so go to localharvest.org and see what's in the area. We are lucky to have several local CSAs. Rev. Anya and I both participate in CSAs, so ask us if you have any questions.

Patronize farmers' markets. Not only are you eating seasonally (the produce is much fresher than something flown in), but you're cutting out the middleman and putting more money in the pockets of the people who actually produce your food. It's too easy to feel disconnected from the source of our food, but at farmers' markets you get to know the people who grow what we eat, and can benefit from their knowledge of their products. You can also find interesting heirloom and other less common varieties of products. The meat, cheese and eggs at farmers' markets come from animals who are more humanely treated than animals in factory farming operations. Plus, you're radically decreasing your food miles — the number of miles your food travels before getting to you.

Finally, try planting a garden! After years of saying I didn't have the time or the space, I finally planted a little one, and it was so gratifying to be able to walk out back and grab some beets or spinach. To know when to plant what, go to <http://www.southernexposure.com/plantingdates.pdf> If you have tips to share, please send them to me at ballroomvet@hotmail.com. Thanks!



March 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 7:00 p.m. Building Your Own Theology	2 12:00 p.m. Covenant Group 6:00 p.m. Singing Workshop 7:00 p.m. Covenant Group	3 6:00 p.m. Board Meeting	4 6:00 Craft Night 7:30 p.m. Choir	5 6:30 p.m. UUS Band Practice	6
7 10:30 a.m. RE Classes 10:30 a.m. Service 12:00 p.m. Midwinter Refresher	8 7:00 p.m. Committee on Ministry 7:00 p.m. Covenant Group	9 7:00 p.m. Covenant Group	10 7:00 pm. Soul Work 7:30 p.m. Finance Committee	11 6:00 p.m. Worship Music Planning 7:30 p.m. Choir	12 6:30 p.m. Mythica Benefit Concert	13
14 10:30 a.m. RE Classes 10:30 a.m. Service	15 7:00 p.m. Building Your Own Theology 7:00 p.m. UUS Book Club	16 6:00 p.m. Singing Workshop	17 7:00 p.m. Lifespan Faith Development Meeting	18 7:30 p.m. Choir	19 6:30 p.m. UUS Band Practice	20
21 10:30 a.m. RE Classes 10:30 a.m. Service 12:00 Divorce and Separation Workshop	22 7:00 p.m. Membership Committee	23	24 7:00 p.m. Soul Work	25 7:30 p.m. Choir	26 6:30 p.m. WEBS Monthly Meeting	27
28 10:30 a.m. RE Classes 10:30 a.m. Service	29 7:00 p.m. Building Your Own Theology	30	31			





Unitarian Universalists of Sterling

PO Box 1632
Sterling, VA 20167
(703) 406-3068
<http://uusterling.org>

22135 Davis Drive
Suite 104
Sterling, VA 20164

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:** Kristina Adams

2009-2010 Board of Trustees: *President* - Bonnie Lepoff; *Secretary* - Joan Johnson;

Treasurer - Paul Roche; *At-large* - Dorine Scher, Ken Ward, Linda Reeder, Belinda Bullock; *Youth Member* - Julia Burns

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

Editor: Bob Brown

Media Relations: Terry Dick

Production: Jeff Chandler, Susan Miller

Board Liaison: Bonnie Lepoff

To submit material for publication, send by email to newsletter@uusterling.org

Submission Deadlines

3/19 for April

4/16 for May

5/21 for June

6/18 for July/August

For information about times and dates of events concerning the life of the congregation, please go to www.uusterling.org / Keeping In Touch / UUS Calendar