



# What's with UUS

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



## Minister's Message



### Nurture Your Spirit

When do you feel that you have had a full and fruitful day? Is it when you check off all the items on your TO-DO list? Or

when you do not "waste" any time?

We are adept at doing! We live productive lives. On occasion we feel that there is not enough time to do all that must be done, but we persevere, filling our calendars- driving our cars from task to task and filling our minds with duties and obligations.

Our theme for this year's Annual Retreat is Nurture Your Spirit, a theme that will repeat throughout our year. The retreat on October 4<sup>th</sup> from 10 till 4 at the UU Church in Reston is open to the whole congregation and will give us a chance to pause from all the doing ... and BE!

This is counter-cultural. This is radical! This is not what all the how-to books tell us to do. This is a space that we are creating for ourselves because we know, somehow, that we must.

Often retreats have a productive mission – to collect our reflections on the state of the congregation – to develop a vision for our future. Our mission for this year is none-the-less important, but is all together different. We want the experience to speak for itself. If it serves us, there, while we gather – that is a gift. If it calls us to a new understanding of our purpose, all the better. But our intent is to BE – to be together in heart, mind and spirit, for a day of worship, learning, and discussion – to speak with those we know well, and those we have yet to

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## President's Message



### A Richer Life

This has been an exciting and interesting time for me recently. My daughter, Meredith, gave birth to the first

grandchild for my wife Susan and me. We will soon be seeing and holding our grandson and are eagerly looking forward to this. Also it looks like Unitarian Universalists of Sterling will have a new music director soon. As a member of the choir this is exciting and I look forward to enjoying the fellowship of the choir and the chance to learn additional music skills - I definitely need them - and to get to know the new director.

What links these events is that they both make my life richer. My personal family grows and I have more people in it to know and love. And my church life grows richer when I expand it by participating in church activities. I get to meet new people, nurture my sole, learn new things, and have a lot of fun.

I encourage all of you to participate in the life of the church as much as possible. I encourage you to come to worship services on Sunday, and to participate in the upcoming congregational retreat, to participate in the adult religious exploration classes, and to participate in the many small group activities that the church offers,

I know that there are many more activities available than there is time available in our busy schedules. There are many more activities that I would like to participate in than I can fit into my available time. I know that when I

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## Worship Calendar

**October 5<sup>th</sup> – Animal Blessing** All are invited to bring mementos or photos of their pets and animal compatriots to have them blessed by our community in a ritual that recognizes our inherent interconnection. Our all ages' service will honor our present pets, our passed pets, and the life of St. Francis of Assisi whose compassion for animals first blossomed in the celebration of animal blessings. A hymn sing will prepare us for worship at 10:20 and an inquirer's class will follow the service.

**October 12<sup>th</sup> "Forgiveness, that we May Live"** Rev. Anya Sammler-Michael invites us to consider how forgiveness is both a personal experience and a spiritual pursuit. Our service will touch on the Jewish holy day of Yom Kippur.

**October 19<sup>th</sup> "United Nations Revelations"** This is the 60<sup>th</sup> anniversary year of the signing of the Universal Declaration of Human Rights. Rev. Anya Sammler-Michael invites us to consider the dream of the UN in relation to the present struggles of our global civilization. On this day we will also have the honor of recognizing new members of the Unitarian Universalists of Sterling.

**October 26<sup>th</sup> – Association Sunday** (description to follow from Worship Associates.)

This Month's Liturgical Theme:  
Forgiveness

Hymn: # 179 "Words the We Hold Tight"

Reading: #637 "A Litany of Atonement"



# Principles and Sources – Changes

A discussion

Sunday October 12<sup>th</sup> – Noon

The Commission on Appraisal an independent entity of the Unitarian Universalist Association (UUA) is charged to review any issue they deem important to Unitarian Universalism. After conversation and reflection they decided to consider Article II of the UUA's By-Laws – the principles and sources of the UUA.

If you are new to Unitarian Universalism you have likely heard of the principles and sources – maybe they contributed to your interest in the movement. If you have been a UU for years, you may have memorized the principles or spent time giving them deep consideration. If you need a refresher – the principles and sources are in the beginning of our hymnal or can be found at:

<http://www.uua.org/visitors/6798.shtml>

Visit: <http://www25.uua.org/coa/> to read the new draft and bring your thoughts and reflections to our discussion after the service on October 12<sup>th</sup>. We will collect our comments made there-in and make them available to the Commission on Appraisal for their consideration.

*(Minister, continued from page 1)*

meet, to pause in the pursuit and thrive in a space of NURTURE.

I hope your schedule permits you to attend our retreat. I hope that this year's theme "Nurture the Sprit" is something you will reflect on. Often the most important thing we can do – at any one moment - is not the next thing on our list but to answer the most intense calling of our heart. Sometimes our needs are not pragmatic like food and shelter – sometimes they are subtler like space, calm, reflection, compassion, relationship, or peace. Sometimes we will need to rest, to pause and consider how we can best nurture our spirits.

- Rev. Anya

# Ethics at the Movies

Second Saturday Movie Series

At 6:00 with a discussion to follow. Popcorn and drinks provided, you are welcome to bring a Brown Bag dinner. All ages are welcome – parents please decide whether your children are ready for the film's content.

**“THE POWER OF FORGIVENESS”**

**SATURDAY OCTOBER 11<sup>th</sup>**

Review from the Power of Forgiveness Website: “This film combines character-driven stories of dramatic transgressions with those of more commonplace annoyances, examining the role that forgiveness can play in alleviating the resulting anger and grief and the physical, mental and spiritual benefits that come with forgiveness. These stories assure us that there is hope if we are open to seeking it and accepting it.

...Stories and interviews from Buddhist teacher Thich Nhat Hanh, Nobel Peace Laureate Elie Wiesel on forgiveness in the Jewish faith; Azim Khamisa on forgiveness and Islam; Rev. James Forbes, pastor emeritus of Riverside Church in New York, on forgiveness from a Christian perspective. And best-selling author Thomas Moore (*Care of the Soul*) speaks on forgiveness from a spiritual dimension.

**DISCUSSION follows**, facilitated by Rev. Anya



*(President, continued from page 1)*

have been tempted to skip an activity but don't, that I am always glad that I went and I return from it reinvigorated and refreshed. I know that my life is richer by participating in the life of the church and I'm sure yours would be too.

-Dave

# Interfaith Day of Thanks

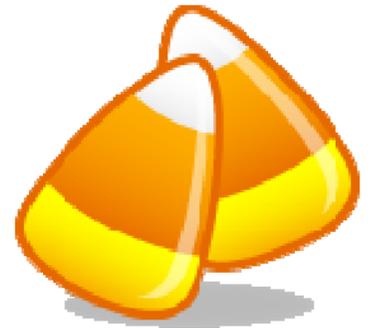
November 9<sup>th</sup> 2008 at the Ida Lee Recreation Center in Leesburg

This is a chance to meet individuals from all over our every changing Loudoun County and celebrate our diversity with food, fellowship, and a reflective service of thanksgiving.

All ages are welcome. Dinner contributions are welcome. Non-perishable donations for the Interfaith food pantry are welcome.

Rev. Anya serves as the Secretary of the host organization – Loudoun Interfaith BRIDGES (Building Relationships through Interfaith Dialog, Goodwill, and Service.) Please email Rev. Anya if you are interested in attending:

[minister@uusterling.org](mailto:minister@uusterling.org)



## Religious Exploration

An exciting new year is now underway in Religious Exploration (RE). There are new classes, new materials, new faces, and new routines. This year the children and middle school youth are beginning their time in RE with a "Spirit Circle," a short worship time. This gives them a chance to be together with all of their friends for a while each Sunday. It also gives them a chance to "do" church by actively participating in rituals such as ringing the chime, leading opening and closing words, and lighting the chalice.

In their classes the elementary and middle school students are focusing on Unitarian Universalism this year. Children in K-4<sup>th</sup> grade are exploring this topic by hunting for treasure with *Treasure Hunting* and other UU curricula. Throughout the year they will be searching for what they value in themselves, other people, and the world. The 5<sup>th</sup>-8<sup>th</sup> grade youth are journeying with the *Compass Points* curriculum. They are looking at where they have been, who might accompany them on their journey, and what tools can help in their travels. They are also beginning to think about the directions they may wish their lives to take. The children in both these classes began the year by exploring their own lives and the qualities they value in themselves. In October they will look at the importance of family and friends and they will explore ways to welcome new people into their lives and our church.

To find out more about the children's RE program, contact Linda Weaver at [redirector@uusterling.org](mailto:redirector@uusterling.org).

## Religious Exploration Schedule

### Kindergarten-4<sup>th</sup> Grade:

- Oct. 5 – Intergenerational Service
- Oct. 12 – Family
- Oct. 19 – Friends and Our Church Family
- Oct. 26 – Memories
- Nov. 2 – Church and Home
- Nov. 9 – Reflection
- Nov. 16 – Celebrating Passages of Life and Having Fun Together
- Nov. 23 – Guest at Your Table
- Nov. 30 – Sharing Ideas and Learning

### Middle School Youth:

- Oct. 5 – Intergenerational Service
- Oct. 12 – What Am I Carrying With Me?
- Oct. 19 – Who's Traveling With Me?
- Oct. 26 – Hospitality? That's Radical!
- Nov. 2 – Images of the Divine
- Nov. 9 – Where Does Our Congregation Stand?
- Nov. 16 – The Diversity that Unites Us
- Nov. 23 – Guest at Your Table
- Nov. 30 – Our Living Tradition

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 then click on the RE class session you would like to view.

## Special Events

**Oct. 17 - Game Night** – Get together for fun and fellowship beginning at 7PM. Bring a side dish or dessert, your favorite games, and money for pizza.

**Oct. 26 – "Memories"** – In recognition of All-Souls Day the Spirit Circle (RE worship) will focus on memories. Children in K-8<sup>th</sup> grade are encouraged to bring a photograph or other memento of someone or something they would like to remember.

## Roving Reporter

By Susan Rose

The fall weather is creeping in, and with it the start of another school year. How are you liking being back in the classroom?

**Anna** (8) It's good!

**Noah** (11) It's ok!!

**Molly** (8) I'm liking it pretty well!

**Elin** (6) School's good!

**James** (8) I miss summer!

**James C.** (8) The only thing I like about school is recess!



## NoVA UU Legislative Preview, Sat. Nov. 15

*Issues Survey now online for NoVA UUs to identify which issues concern them most.*

For many of us, the Virginia legislature is a bit of a mystery.

The oldest state legislature in the country, the Virginia legislature is changing under the influence of the Commonwealth's shifting demographics, which leads to extremely interesting times in Richmond.

Join other UUs and like-minded members of the Northern Virginia faith community for a day of news and discussion of what happened in this year's session, and how that will effect what will happen in 2009. But first, take one minute and go to the online 2009 NoVA UU Legislative Issues Survey: [http://www.surveymonkey.com/MySurvey\\_EditorPage.aspx?sm=URGl6wOBpcPSvBz9OcfPffPk2pCzvirSOXIQY%2bYYxs%3d](http://www.surveymonkey.com/MySurvey_EditorPage.aspx?sm=URGl6wOBpcPSvBz9OcfPffPk2pCzvirSOXIQY%2bYYxs%3d).

At the Preview, we'll hear from Sen. Patsy Ticer, and Del. Robert Brink, as well as leading advocates, about what's coming in the 2009 session, and how we can be effective advocates for the policies we want to see enacted. And we'll announce the results of the survey to date too.

Workplace Discrimination Protection legislation will be a GLBT-advocates' focus in the 2009 session, which Equality Virginia Executive Director Dyana Mason will tell us about at the Nov. 15 Preview. Healthcare will be the focus of the interfaith community, and Executive Director of the Virginia Interfaith Center Rev. C. Douglas Smith talk about that and again share his insight from the perspective of a social justice advocate (and a highly effective one too).

The NoVA UU Legislative Preview, Sat. Nov. 15, 8:30 to 2:30, at the Mt. Vernon Unitarian Church, **1909 Windmill Lane, Alexandria, VA 22307** (morning coffee, light breakfast, lunch, & briefing materials will be provided. Child care may be provided if there is a request for it in advance.)

Please register at UUSJ.org. The fee for

## October Social Action Funds

The one-half of the Sunday collections that will go to Social Action in October is being donated to the USO.

The USO is a congressionally chartered, private, nonprofit organization whose mission is to support the troops by providing morale, welfare and recreation -type services to our men and women in uniform. The original intent of Congress — and enduring style of USO delivery — is to represent the American people by extending a touch of home to the military. The USO currently operates more than 130 centers worldwide, including ten mobile canteens located in the continental United States and overseas. Overseas centers are located in Germany, Italy, the United Arab Emirates, Japan, Qatar, Korea, Afghanistan, Guam, and Kuwait. Service members and their families visit USO centers more than 5.3 million times each year. The USO is the way the American public supports the troops.

USO World Headquarters  
Department WS  
PO Box 96860  
Washington, DC 20090-6860

## Alliances for Racial Justice

Alliances for Racial Justice - 4th Annual Joseph Priestley District

Journey Toward Wholeness Conference  
- October 25, 2008 - First Unitarian Church of Philadelphia -

Inspired by this year's Ware Lecture delivered by Van Jones at the 2008 General Assembly. This conference will bring together adults, youth and young adults to advance social, economic and racial justice while supporting the growing movement toward a "green" economy. Full information and online registration can be found at [www.JPDUUA.org](http://www.JPDUUA.org).



the event is \$10, which you may pay online when you register.

Contact: [info@greenwin.org](mailto:info@greenwin.org) for more information.

## What Fundraising is All About

Every Sunday, I try to think of an interesting way to get your attention to the important fundraising activities that we do to support our UUS community. I usually end up saying something rather silly, but generating income for the church is critical if we are to thrive and prosper. So what do we do to raise funds?

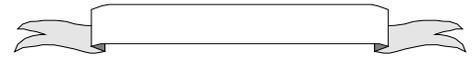
Auction: Reserve Saturday, November 15 for our annual Auction and chili dinner. This yearly event is always loads of fun and generates a sizable amount of income. We have just begun planning the Auction, but you can count on finding many delicious dinners and fabulous social events, vacation spots, services (handyman, computer, gardening, etc), and an array of awesome 'worldly goods.' Some items will be a part of a live auction while others will be silent. The dinner is a marvelous spread of different chili recipes, all the sides, desserts, and salads. This is also a time to enjoy each others' company in a relaxed and fun space.

Grocery Certificates: If you shop of Giant, Safeway, Food Lion, Bloom, or Shopper's Food Warehouse your purchases can benefit UUS! I sell grocery certificates all of the above stores except Safeway. For Safeway, I register the number on your red card and UUS gets a percentage. This is a very easy way to support UUS because we get 4-5% from the stores. Please consider giving the program a try the next time you shop.

Equal Exchange Coffee, Chocolate, Cocoa: For the last few years, we have participated in the Interfaith Program of Equal Exchange. This program pays a fair price to small farmers for their products, as well as offers affordable credit for these farmers and supports sustainable agriculture. The products are delicious and are very popular - especially the chocolate! UUS collects a small amount from each sale for fundraising. Come see the back table for a selection of products for sale!

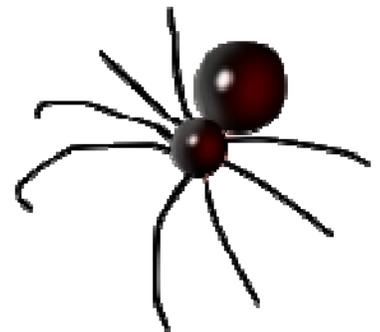
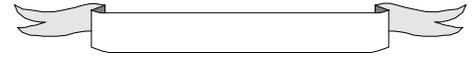
Spontaneous Fundraising. As the spirit moves us, we plan other activities to bring in badly needed funds. We've had yard sales and flea markets, raffles, and bake sales. However, we are always open to new ideas. In fact, fundraising is a committee of one, me, so I'd love to have a committee with new ideas and new energy. Come chat with me!

Nancy McCormick



## Save the Date

UUS Auction  
November 15, 2008



**HAPPY HALLOWEEN**



# ***Nurture Your Spirit***

The UUS Annual Congregation Retreat, 2008

**Saturday October 4<sup>th</sup> - 10 till 4**  
**(Registration begins at 9:45)**

**At the UU Church in Reston**

*A chance to just be ...*

*To be with one another ...*

*Learning, Talking, Listening... Being!*

Now is the time – come one and all Let's nurture our spirits

**-Hosted by our very own Board of Trustees**

**-Worship by Rev. Anya**

**-Facilitated by the fabulous Meredith Higgins from All Souls UU in DC**

**-Made meaningful, by you!**

## **Directions**

*The Unitarian Universalist Church in Reston 1625 Wiehle Avenue, at the intersection of Wiehle Avenue and Fairway Drive*

### **From Leesburg Pike:**

At the intersection of Leesburg Pike (Rte 7) and Reston Parkway, turn south onto Reston Parkway towards Reston. Turn left on Wiehle Avenue. After 1 mile, cross Baron Cameron Avenue. Continue for another for 0.8 mile. Carefully turn left at the top of a hill into the church parking lot, which is across from Fairway Drive.

### **From the Dulles Toll Road:**

From the Dulles Toll Road (Route 267) take exit 13 for Wiehle Avenue and go north on Wiehle for just over 1 mile. Turn right at the top of a hill into the church parking lot, which is across from Fairway Drive.

*Church office phone -(703)742-7992*

[www.uureston.org](http://www.uureston.org)

**RSVP: Paul Roche**

**[rochepaul@aol.com](mailto:rochepaul@aol.com) / (703)476-0332**

# October 2008

Detailed calendar: <http://uusterling.org>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 7PM Board of Trustees Meeting	<b>2</b>	<b>3</b>	<b>4</b> 10AM-4PM Congregational Retreat
<b>5</b> 10:30 Worship Service 12 Noon Inquirer's Class	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> 7:30PM UUS Men's Group Meeting	<b>11</b>
<b>12</b> 10:30 Worship Service	<b>13</b>	<b>14</b> 7PM Covenant Group	<b>15</b>	<b>16</b>	<b>17</b> 7PM Game Night	<b>18</b>
<b>19</b> 10:30 Worship Service	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> 7PM WEBS Meeting	<b>25</b>
<b>26</b> 10:30 Worship Service	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> 	

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



### ***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 a.m.***

**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:** Jeff Chandler

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

### **Submission Deadlines**

10/17 for November

11/21 for December

12/19 for January

1/23 for February