



What's with UUS

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



Minister's Message



Some 'Splainin' To Do

Rev. Anya Sammler-Michael

In my last column, I spoke about the idiosyncrasies that can slip into our speech and create an environment that makes newcomers feel unwelcome.

If we truly wish to create a welcoming environment, we need to be vigilant explainers. We need to explain, when we announce a "polylog," that that means the congregation will have the chance to respond to or reflect on the theme of the sermon. We need to explain that "John who is in the hospital" is our brother. We need to explain that the "JPD" is the Joseph Priestley District, of which our congregation is a part.

Just like Ricky Ricardo said so many times to his dear wife on the "I Love Lucy Show" - "Lucy... you got some 'splainin' to do!"

So here's a start, for the newcomers, the old guard, the children, and everyone in between. Read through this list of somewhat cryptic terms. If you know what all of these are, without any help from the answer-key, let me know... you deserve a prize!

1. The start of the church year
2. The start of the church fiscal year
3. GA
4. Service of the Living Tradition
5. Welcoming Congregation
6. Journey Toward Wholeness (JTW)

(Continued on page 2)

President's Message



It's Summer-time!

Bonnie Lepoff

Life is supposed to slow down in the summer, isn't it? That's why they call them the lazy, hazy days of summer. Somehow, that isn't happening so far to my summer.

June is a busy month as we try to get church business completed before school lets out and everyone takes off for vacation. Our annual meeting is June 6th. Please review the by-law change summary you received in the mail; the complete by-laws and our proposed 2010-2011 budget are posted by the coffee bar and on our web site. We will vote on both these items in addition to electing a slate of officers for next year. Our nominating committee did an excellent job; check out the names on the ballot and see if you don't agree.

The following Sunday is our annual church picnic at Claude Moore park. This is a great way to welcome summer; each year more members and friends attend and each year is even more fun than the last. (Even though last year we got rained out and had an indoor picnic, we all still had a great time.)

Also in June are two auction dinners. These are always great fun – a chance to socialize with fellow UUS'ers outside of coffee hour and benefit the church at the same time! What could be better? More of these social events will be available for your bid at our auction on November 6th. (November seems like a long way away, but we all know it really isn't.)

Then at the end of June is General Assembly, this year in Minneapolis. GA

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Worship Calendar

Rev. Anya Sammler-Michael

The liturgical theme for June, July and August is Community. Many of our summer services will be led by lay leaders, from our congregation and other congregations. Community is built when we take the time to listen to one another, and when we gather the strength to speak our own truth.

June 6th – "Faith in Practice: A Service to Celebrate Our All Ages Community." Rev. Anya Sammler-Michael, Linda Weaver and the UUS community celebrate a year of growth and discovery. Stories, songs, and movement, led by children and adults, highlight our understanding of various faith traditions and practices as well as our own.

June 13th – "Service of the Living Tradition" Rev. Anya Sammler-Michael leads this annual service that provides a space for us to mourn and celebrate the major life events of the past church year. We will honor births and deaths, losses and hopes. You are welcome to bring a photo or memento to add to our altar – something that might recall a new baby or a recently departed dear one. Our intergenerational choir will sing and our service will be followed by our annual

(Continued on page 2)



(Minister, Continued from page 1)

7. UUA
8. UUSC
9. UUSJ
10. BRIDGES
11. Plenary
12. Roberta Finkelstein
13. Interim Minister
14. UU-UNO
15. CUUMA
16. Committee on Ministry
17. LRY and YRUU
18. All Souls
19. Meadville Lombard and Starr King
20. Rev. Peter Morales

ANSWER KEY:

1. September, first weekend after Labor Day;
2. July 1st;
3. The annual gathering of Unitarian Universalists from around the globe;
4. An annual service at our congregation, as well as at General Assembly, in which the major events of the year are remembered;
5. An initiative of the Unitarian Universalist Association (UUA), in which our congregation participates, whereby an agreement was made by the members of the congregation to be truly welcoming to our gay, lesbian, bisexual, and transgender brothers and sisters (we host events annually to remind ourselves of this commitment);
6. An initiative of the UUA with the goal of an anti-racist association and congregations (our congregation is beginning a JTW task force);
7. The UUA (www.uua.org);
8. The Unitarian Universalist Service Committee (a global organization - www.uusc.org);
9. The UUs for Social Justice (a local organization – www.uusj.org);
10. Loudoun Interfaith BRIDGES (Building Relationships for

Interfaith Dialogue Goodwill and Service;

11. A democratically run meeting at General Assembly;
12. A minister who served our congregation for 8 years;
13. A minister who serves a congregation for one or two years while the congregation is in search for a new minister;
14. The UU United Nations Office;
15. The Chesapeake UU Minister's Association (of which Rev. Anya serves as secretary);
16. The committee that works with Rev. Anya to support the ministry of the congregation;
17. Two programs that have served Unitarian Universalist Youth – Liberal Religious Youth and Young Religious Unitarian Universalists;
18. The name of the UU church in Washington DC, as well as the name of the UU church in New York City;
19. The two Unitarian Universalist Seminaries;
20. The President of the Unitarian Universalist Association.

May it be so.

Yours in Faith, Rev. Anya



(President, Continued from page 1)

is an amazing place to be. Imagine 5,000 or more UUs together in the same convention center, attending morning worship service, then choosing three or four workshops each day from a list of hundreds. Maybe it only seems like hundreds, but you get the picture. This year there are only four of us plus Rev Anya attending, but next year, GA will be in Charlotte, NC, and Rev Anya will be receiving Final Fellowship – sort of like tenure for ministers. Mark your calendars now and join the UUS carpool caravan.

Fortunately for my sanity, July is a much calmer month. At least so far!

See you in church.

Bonnie Lepoff blepoff@cox.net

(Worship Calendar, Continued from page 1)

church picnic at Claude Moore park.

June 20 – "Embracing Our Whole Story," a special music service by Andrew McKnight. We are indeed the sum of many parts, and not all of them are attractive to us. Yet as Andrew often jests self-deprecatingly in concert, "If we don't have a laugh at ourselves every now and then we're missing a mighty big source of humor!" During this program, Andrew weaves humorous and poignant moments together in a beautiful tapestry, helping us to appreciate our perceived faults as gifts as well as our talents.

About Andrew McKnight: Since permanently leaving his corporate environmental engineering career in 1996, award-winning folk and Americana artist Andrew McKnight's musical journey has traced half a million miles of blue highways, and earned him a wealth of critical acclaim and enthusiastic fans for his captivating performances. He usually tours solo, but also performs frequently with founding Nitty Gritty Dirt Band member Les Thompson fronting their genre-bending quartet [Beyond Borders](#).

June 27 – "The Value of Temperance" Jonathan Hammer, one of our members, will start the summer services by bringing together his experiences and those of other families.

Summer RE

Linda Weaver

The children's Religious Exploration theme this summer is "Keepers of the Earth." The emphasis is on having fun while gaining an appreciation of nature. The lesson plans for each Sunday include a Native American story and a variety of activities, including an outdoor option.

Leading or assisting this summer is a great way to get to know a few of the children at UUS, while sharing your own interest in nature, science, the environment, or Native American stories and traditions. You will also get an idea of what the children do in RE and you can prepare to lead or assist regularly by helping with a summer session. One leader and one assistant are needed each Sunday. Leaders receive the lesson plan for their session, but may choose other stories or activities related to the topic. Sign up to lead or assist one, two or three Sundays this summer by contacting Linda Weaver or signing up on the schedule posted in the hall leading to the new kitchen and nursery.

If you have children in the program, return the registration form soon. It includes a release so they can participate in the outdoor activities, if you choose. The form is available at UUS or on the website.

During the summer, UUS offers one RE class for children entering kindergarten through 6th grade. Older children may participate or help in the class or they may attend the entire worship service. Children 13 and older may sign up to assist in the RE class. The nursery is available every Sunday for children 5 or younger.

Don't miss the fun this summer. Register your family and sign up to help soon!

To find out more or to let us know how we can serve your family, contact Linda Weaver at re-director@uusterling.org or 703-406-3068. Information is also on the UUS website at www.uusterling.org.

Children's Religious Exploration Schedule

	Topic	Leader	Assistant
June 6	Attend RE Service	---	---
June 13	K-5: Games Day	S. Greene	S. Connors
	MS: Attend Service	---	---
June 20	K-5: Father's Day	Y. Centala	J. Mills
	MS & HS: Explaining Your UU Faith	B. Bullock	
June 27	Creation	S. Dick	K. Houck
July 4	Earth	Y. Centala	Help Needed
July 11	Air		Help Needed
July 18	Fire	J. Botts	Help Needed
July 25	Water	Help Needed	J. Gathard
Aug. 1	Sky	Help Needed	K. Cleland
Aug. 8	Seasons	S. McMullen	C. Gherst
Aug. 15	Plants	S. Roche	A. Lum
Aug. 22	Animals	C. Douoguih	Help Needed
Aug. 29	Circle of Life	T. Dick	D. Corbo
Sept. 5	Stories	Y. Centala	Help Needed

Roving Reporter

Sue Rose

You've almost finished another grade in school! What did you like best, or find most interesting this past year?

Luke (7) In second grade I liked science!

Langston (5) In kindergarten I liked the toys!

Grace (8) I liked reading, especially "Harry Potter!"

James (10) I liked learning about the Revolutionary War!

Elin (7) I'm always looking forward to my next birthday!

Miles (9) Everyone in my class won 25 stickers so we had an SOL party last week!

Julia (18) AP Government was my favorite class!

Nick (17) I liked World History!

Molly S. (10) We didn't have art, but I liked a special kind of painting we did!

Upgrading?

Linda Weaver

Lifespan Faith Development

Upgrading your home TV to a flat panel or your DVD player to Blu-Ray? UUS would love to have your tax-deductible donations if they are in good shape!

The Lifespan Faith Development Council would like:

1. One more large TV (at least 27").
2. Two DVD players.
3. A rolling stand that will hold the TV and a DVD player.
4. People with strong backs and a van or pickup to move TVs and a TV cabinet.

To make a donation, contact Linda Weaver at re-director@uusterling.org or 703-406-3068.

2010 Summer Service Schedule

Date	Title	Worship Leader
6/27	The Value of Temperance	Jonathan Hammer
7/4	“What is the 4th of July to Me?” Frederick Douglass	Wendi Manuel-Scott Social Justice, Green Sanctuary, Lifespan, SoulWork
7/11	Aesthetics of Imperfection	Rev. Anya
7/18	Be a Dignitarian	BRUU Band
7/25	TBA	Katrina Thralls
8/1	Crone Ceremony with Celtic Grain Festival	WEBS
8/8	Bible Thumpin’ Rock’n Roll	Bible Study Class/jUUSStUUS
8/15	Communitas	Rev. Anya
8/22	These Windows and Doors	Rev. Anya
8/29	TBA	Rev. Scott Sammler-Michael (<i>Pulpit Swap w/ Rev. Anya</i>)
9/5	Labor	Rev. Anya



Eco-Tips

Kim Cleland

In light of the horrible oil spill continuing in the Gulf of Mexico, I wanted to suggest ways we can all cut down on our gas consumption.

- When coming up to a red light, coast instead of accelerating and then slamming on the brakes. Often you'll never even need to come to a full stop, which saves even more gas-- it takes more energy to start moving when you're stopped than it does to accelerate when you're already moving. Similarly, don't continually creep up at a red light-- it won't get you to your destination any faster, really! Don't keep a lot of extra weight in the car, as this increases gas consumption. Keeping your tire pressure where it should be also makes your car more fuel efficient. If you're parked somewhere waiting for someone or something, turn off the car if you'll be idling for more than a minute.
- When filling your tank, don't top off after the automatic dispenser clicks off-- this releases harmful fumes into the air. Finally, use cruise control and drive close to the speed limit, both of which end up allowing us to use less fuel.

Kim Cleland, for the Social Justice Council

UUSC's 7th Annual Civil Rights Journey

July 10 17, 2010

Atlanta, Birmingham, Selma, and Montgomery

Rev. Anya Sammler-Michael

From July 10 - 17, 2010, inter-generational (ages 14+) participants will travel by bus, from Atlanta, Ga., to the historic cities of Birmingham, Montgomery, and Selma, Ala. We will meet and hear directly from some of the courageous people who worked to desegregate schools, register new voters, and bring an end to racial discrimination in the United States. Participation fee is \$800 per person. Please note: Participants are responsible for providing their own transportation to and from Atlanta, Ga. For information contact: 617-868-6600 option 2; also see http://www.uusc.org/content/freedom_summer_civil_rights_journey_2010.



Annual UUS Family Eco-Picnic

Terri Dick

Pack the picnic basket! Grab the hula hoops, the Frisbees, the badminton set, and the sunscreen. The annual UUS family picnic is Sunday, June 13 from 12:00 until 2:00 at Claude Moore Park's Pavilion #2. Everyone should bring hot dogs or burgers for your own family and a salad or dessert to share. Please avoid paper and plastic if at all possible. Bring your washable picnic dishes and plastic cups. UUS will provide the charcoal and we'll get the fire started, too. Bring plenty of ice and cold drinks and let's kick off the summer season!

New Member Corner



John Botts signs the book!

John Botts

As a teenager, my family attended a Presbyterian church in a conservative rural community. I loved my farming friends, but felt out of place, especially in the age of enlightenment of the 1970s. Imagine my surprise when our church brought in a young minister who

espoused the benefits of equality, diversity and self reflection. I heard a lot of grunts and moans during his sermons and more than a few walked out. But, I was awakened to religion as I had never been before. One Sunday stands out. The congregation from a local Black Baptist church was invited to our service. I was riveted to every word of the joint sermon, entitled the “Black Manifesto”, and my heart was overflowing when I saw white and black farmers haltingly shake hands and mumble their thanks for the community get together.

I see similar opportunities for “breaking down walls” at UUS, both figuratively and literally. Will we embrace our neighbors of color? Will we stand up on the side of love for our GLBTQ friends? Will we promote life styles that honor and nurture our earth? I think we can and I will do my part to help.

Are You a Member?

Membership in a Unitarian Universalist congregation is a rich and fulfilling experience. Congregations who are able to embrace all that it means to be a member are in the best position to ensure that members remain active and contributing parts of the community. What brought you to Unitarian Universalism and your own congregation?

A strong religious education program for children and youth is essential to healthy membership development and retention. With schedules as busy as they are today, families seek activities that they can do together and places that have meaning for them as a family. Excitement and ownership by the youngest members of a family will keep adults coming as well.

Covenant groups, affinity groups, supper clubs, neighborhood groups, book clubs, and groups that assist with specific difficult transitions—such as groups for caregivers of elderly parents—can all provide the type of support that will keep members connected to the community.

Our members know that we have **many kinds of theological diversity** in our congregations. Spiritual diversity is based on the differences in what we do—our practices. Our diversity is a blessing, and we encourage our members to explore their own experience with religious practice, with meditation, with understanding what language of the spirit evokes in them.

With a tradition of independent congregations and a long history of outstanding and courageous lay leadership, UU congregations have long understood that membership means involvement. Our ministers share leadership with our lay leaders, albeit not always without some uneasiness. When the idea of shared ministry was introduced to our congregations in the 1990s, it gave a vocabulary for what we have long believed: that a congregation will only be successful if its members give of their time, money, and talents and if that ministry is more than what the professional minister does.



Kim Cleland, too!

Kim Cleland

I discovered UUS about one and a half years ago. Before that, I'd always described myself as “spiritual, but not religious”. Turns out I just hadn't found the right religion! I knew within seconds of walking through the door that I'd found my spiritual home. Guess there really is such a thing as love at first sight... When I'm not extolling the virtues of farmers' markets and recycling, I'm a small animal veterinarian in Great Falls. I live with my husband, Martial, our son, Xavier, whom most of you know, and our cat, Kali.

Being a member of a UU congregation requires as much “inreach” as outreach, for the development of a strong UU identity is one way to ensure that adults stay involved and that youth and young adults seek guidance and comfort from their UU religious homes when needed. New members are often attracted by the freedom and breadth of Unitarian Universalism. More seasoned members may be seeking depth. A congregation needs the ability to provide both authentic personal relationships and religious resources to engage the mind and spirit at the deepest levels. Membership in a UU congregation is an ongoing journey that does not stop when one “signs the book.”

(Adapted from <http://www.uua.org/members/14136.shtml>)

Unitarian Universalists of Sterling-Board of Trustees

Meeting Minutes of May 5, 2010

Joan Johnson

Present:

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

Committee Liaison Reports:

Finance Report: We received the Chalice Lighter grant for \$20,000 for the current church year. The budget is in good shape.

Old Business:

New Space. Facilities/Aesthetics: We are hoping to get a partial shipment of the new chairs for May 22. The bathroom doors have been fixed. We still have things in storage behind Feather Heads that need to be stored within our facility. There are dividers that can be stored upstairs. We decided to table ordering special lighting and additional microphones until June. Also in June, we will discuss building a platform for the sanctuary.

Building Dedication: Invitations were issued. Dorine's committee met and all plans are made. There will be two food setups. Food will be finger foods and not be served on the carpet. It will not be a full dinner. We will be able to pay for platters for \$30 starting on Sunday. There will be a charge of \$10 for Broadway Night if you didn't get this auction item. Setup will begin at noon. Volunteers for cleanup will be needed.

Website Maintenance: Dave Lum is handling the website. Brian is still audio lead and interested in transitioning. Dave Lum will be the sound technical lead and we will ask Worship Associates to arrange volunteers for handling the sound system.

AAFJ: Joan will meet with Lubia and Nathan on Thursday to discuss exchanging two days for other days. There should always be an adult with the children. Can use all spaces, but little kids cannot be in the youth room; they should be in the carpeted room.

Name the RE Rooms: Lifespan Faith Development Council discussed dividing the nursery to put preschoolers into one of the RE rooms. Sound from the sanctuary will be piped out to the Fellowship area. Nursery: Beatrix Potter. Preschool: Olympia Brown. Old Kitchen: Mary Ann Crocker. Center RE Room: Ralph Waldo Emerson. Side RE Room: Joseph Jordan. Mezzanine: Charles Darwin. Fellowship Area: Forrest Church Memorial Fellowship Area.

Annual Meeting is Sunday June 6. The Nominating Committee has provided the slate:

President: Bonnie. VP: Dorine. Sec Joan. At Large: Chris Houck, Bob Brown, Allie Roche, Kim Cleland

Nominating Committee: Dave Miller, Maureen Burns, Terry Dick, Nancy McCormick, Stephanie Roche.

The summary of the changes to the Bylaws was approved to be sent with the notices. Notices are prepared and envelopes will be stuffed after the Board meeting. All documents relative to the Annual Meeting will be posted on the website.

General Assembly in Minneapolis, MN: Our candidates for delegates are Bonnie and Clarice.

New Business:

Building Use: We need to update the church calendar to be sure it has the weekly NA meeting shown. Possibly change the NA meeting location.

Committee on Ministry: Joan moved to appoint Lindy Reeder; Dorine Scher seconded.

Chalice Lighter's Sunday will be May 23.

Office Printer: Bonnie will purchase new printers for the church office.

Calendar Review:

June 6: RE Closing Service and Bridging Ceremony

June 13: Church Picnic (Claude Moore Park)

June 20: Summer services start

Charter Sunday June (1994) will be every 5 years

The Board signed a thank you card for Mary Matheny for her work on the Nominating Committee.

Board Host assignments are:

June 6 – Bonnie Lepoff

June 13 – Lindy Reeder

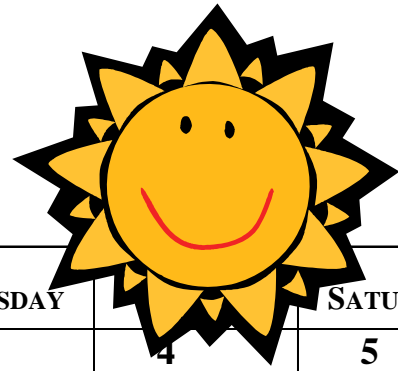
June 20 – Ken Ward

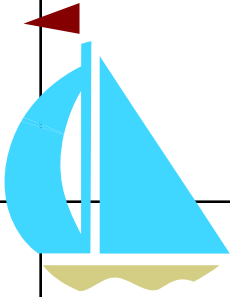
June 27 – Belinda Bullock

The next Board meeting will be June 2, 2010. Joan will provide readings and salad.



June 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 12:00 p.m. Covenant Group 6:45 p.m. NA 7:30 p.m. Choir	2 6:00 p.m. Board Meeting	3 6:00 Craft Night	4 6:30 p.m. UUS Band Practice	5
6 10:30 a.m. RE Classes 10:30 a.m. Service 12:00 Noon Contemporary Bible Study		8 6:45 p.m. NA 7:00 p.m. Covenant Group 7:30 p.m. Choir	9 7:30 p.m. Finance Committee Meeting	10 2:00 p.m. Cleaning	11	12
13 10:30 a.m. RE Classes 10:30 a.m. Service 12:00 Noon Annual Picnic	14 7:00 p.m. Committee on Ministry 7:00 p.m. Covenant Group	15 6:45 p.m. NA 7:30 p.m. Choir	16 7:00 Lifespan Faith Development	17 6:00 p.m. Worship/ Music Planning	18 6:30 p.m. UUS Band Practice	19
20 10:30 a.m. RE Classes 10:30 a.m. Service 12:00 Noon Divorce and Separation Workshop	21	22 6:45 p.m. NA	23	24 2:00 p.m. Cleaning	25 6:30 p.m. WEBS Monthly Meeting	26
27 10:30 a.m. RE Classes 10:30 a.m. Service 12:00 Divorce and Separation Workshop	28 7:00 p.m. Membership Committee	29 6:45 p.m. NA	30			





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:** 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

Board Liaison: Bonnie Lepoff

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

Submission Deadlines

6/18 for July/August

8/20 for September

9/17 for October

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