



What's with UUS

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



Minister's Message



Building a Lasting Presence

Rev. Anya Sammler-Michael

As is the case with far too many liberally religious young adults, I stopped attending Unitarian Universalist services during my post-teen years. However, even during these years, I never failed to report to all who inquired that I was a Unitarian Universalist. Indeed, if given half a chance, I would tally the beauties of our faith, "evangelizing" even while I myself was not formally practicing.

No matter my distance on any Sunday morning from a worshipping community, the tenets of the Unitarian Universalist faith breathed a rich spirituality and religious identity into my days. I had learned enough as a child and youth that I never felt far from my faith; even when the closest congregation was two hours away, I was a Unitarian Universalist.

It is important for me, as I sense it is important for this congregation, to use our time on Sunday mornings not solely to address the issues of the day but to build a theological, spiritual, religious, ethical, and philosophical grounding in our liberally religious faith. We do not only hope to grow in moments, but to grow over our lifetimes, returning again and again to the considerations that enrich our minds and deepen our hearts.

To this end, I have worked with our Worship Associates, our Religious Exploration Committee, and our Board of Trustees. We have agreed to develop and utilize a three-year liturgical

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President's Message



Welcome Back!

Dave Miller

September has arrived, and with it the end of another summer. Those with young children

are experiencing another cycle of back-to-school activities. My wife, Susan, and her teacher friends are starting up another school year with as much crying and whining as children at the end of summer vacation.

Our Unitarian Universalist congregation will start another church year with a traditional ingathering service that will welcome all of us to a wonderful, exciting, and fulfilling new church year.

As we get busy with the day-to-day activities of our personal lives and our church activities, we also to plan to do some long-term congregational planning. There are some areas we will need to address as we continue to grow: How will we meet our increasing need for space? When our lease runs out, do we want to stay put, or do we want to move?

In order to answer these and other questions, we need to determine our congregational wants, desires, and vision, and to see how we can reconcile what we see in our future with our fiscal and human resources.

On October 4, 2008, we will have a congregational retreat to set the groundwork for eventually making these decisions. At the retreat, we will be examining our congregation, our vision, and our view of the future.

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Worship Calendar

September 7, 2008 – "Where the River Widens" a ceremony of ingathering. Rev. Anya Sammler-Michael leads this service of welcome and celebration – honoring the start of our regular church year. Each family, member, friend or visitor is invited to bring a small jar of water symbolically or literally drawn from a source that you visited during the summer months. It could be from a camp, a mountain lake – or your local pool. We will begin at 10:20 with a hymn sing. Inquirer's class will follow at 12 Noon.

September 14, 2008 – "The Inherent Worth and Dignity of Difference" Rev. Anya Sammler-Michael considers the ethics of diversity. Paul Roche provides special music.

September 21, 2008 – "What We Did Well" Rev. Anya Sammler-Michael invites us to consider our mission, as individuals and as a congregation. What are we truly called to do? What are we prepared to accomplish?

September 28, 2008 – Shelly Paige, a guest preacher and local Unitarian Universalist seminarian, offers our service.

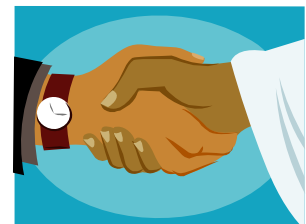
September's Liturgical Theme:

Mission Hymn

Number 6: "Just as Long as I Have Breath"

Reading

Number 562 "A Lifelong Sharing"



(Minister, continued from page 1)

calendar (a catalog of theological topics). Our liturgical calendar provides one universally relevant topic per month. The Worship Associates and I will choose one service to concentrate on that topic as we weave it in less concentrated ways into other services throughout the month. Covenant groups will address the topic during their monthly gatherings. In addition, our Religious Exploration leaders will work, as they are able to, any of the themes into their curriculum for the stated month. Other groups are invited to consider the theme as well – for example the music director or choir may choose relevant music.

Each theme is tied to both a hymn and a reading from our hymnal, *Singing the Living Tradition*, elements that will provide context for our reflection. The theme, hymn, and reading will be listed at the end of the Worship Calendar in each newsletter.

In effect the calendar will draw our diverse programs toward one another, inviting us to reflect upon a common theme. In addition we will repeat the calendar, potentially with slight alterations, every three years. The result is an opportunity to grow over our lifetimes as we reflect again and again on these universally relevant considerations. I am certain that each time we meet these themes, we will meet them with new eyes and ears prepared to learn something completely different, to be touched by something new while deepening our theological grounding.

It is my hope that all of us, regardless of age, will appreciate the process of making Unitarian Universalism a lasting presence in our lives.

Rev. Anya

2008-2009 Goals

What goals do you think should be accomplished by the church? Please send us three goals you would like the church to work on in the next year or two. Responses will be food for thought and action at the Board Retreat in early September. Please send them ASAP to Board Secretary Jeff Chandler at chandlerjt@aol.com or leave them in the envelope on Rev. Anya's office door.

Our Interfaith Presence

Rev. Anya Sammler-Michael

On July 3rd the Unitarian Universalists of Sterling Board of Trustees voted to become a member congregation of the Loudoun Interfaith BRIDGES (Building Relationships for Interfaith Dialog, Education, and Service), our local interfaith organization. I have attended BRIDGES meetings since last October and became their secretary last May. When BRIDGES convened one of their monthly meetings at UUS, five of our members and friends attended, provided lunch, and shared in the conversation. This is a profoundly active interfaith organization aware of the dynamic shift occurring in Loudoun County from a primarily homogenous community to an inter-faith, inter-cultural community of astounding diversity. BRIDGES sees this as both a challenge and an opportunity. They are aware that an interfaith presence must serve Loudoun for it to develop as a positive and affirming environment for all.

If you are interested in attending BRIDGES meetings and working with our interfaith community, please contact me (minister@uusterling.org). Also, please see page 5 of this newsletter for an excellent way in which to participate.

(President, continued from page 1)

I would urge all members and friends to attend and participate. As much as possible we need to get the thoughts and views of the full spectrum of our congregation's members, friends, and visitors. We need to hear from all people of different ages, those who have been at UUS for a long time, and those who have recently started to participate in the congregation, those with small children at home, and those with empty nests. We need and welcome the input of all. So, please mark your calendar and plan to attend the congregational retreat. I know you will find it both fun and rewarding.

Adult Religious Enrichment

Building Your Theology, I

Specifically for, but not limited to, newcomers to Unitarian Universalism and newcomers to UUS.

Based on the assumption that each of us is her own theologian, this classic UU adult education program invites participants to develop their own personal credos (statements of principles or beliefs). Ten sessions will be held on the second and fourth Wednesdays of the month beginning on September 24.

Living by Heart

Living by Heart is a practice-based curriculum by Laurel Hallman that invites us to experiment with an eclectic collection of spiritual practices. Laurel writes: "As we look forward to the prospect of living even longer lives, the question of the quality of our lives becomes more pressing. In my mentor, Harry Scholefield, I saw an example of enduring wisdom and spiritual strength despite the inevitable ebb of his physical vigor as he aged. My experiences with Harry (and others) confirmed my sense of the essential need for all of us to be intentional about the words, rhymes, and rhythms we take into our lives." This class will comprise 13 sessions, once a month beginning in October on a day to be determined by the group.

Sign up for either Adult Religious Enrichment Opportunity by emailing or calling Rev. Anya Sammler-Michael.

Contacting the Minister

Office Hours: Monday, Wednesday, Thursday: 11-5 or by appointment

Minister's Sabbath: Tuesday

Sermon Writing Day: Friday

Email: minister@uusterling.org

Work: 703-406-3068;

Home: 703-433-5776;

Cell: 703-731-9018 (*New number*)



Bob Brown

I was born and raised in Baltimore and came over to Virginia to attend and graduate from James Madison University with a degree in economics, which at this juncture has not given me anything useful except for curious questions about Why Econ? Upon graduating from JMU, I moved west and spent a few years in Southern California, beginning a life in the real world; I later moved back to Virginia to be closer to and spend more time with family while it was possible.

I have lived in Northern Virginia (currently Manassas) for more than 20 years and I am currently working for AOL at the Dulles campus as a Tech Manager. Unfortunately, I joined AOL after the good years, so I had no stocks to cash out for early retirement. However, I have survived yearly layoffs. If anyone is interested in a few thousand \$85 priced shares of AOL, please come see me!

On weekends I enjoy hiking in the Shenandoah National Park or surrounding areas. Prior to joining UUS, hiking in the mountains on Sundays was my “church,” and I still enjoy the wonders and beauty of the mountains as I do UUS. A good friend introduced me to the Potomac Appalachian Trail Club and I am now on my second year of volunteering to “oversee” a two-mile stretch of trail in the SNP. Overseeing includes cutting trees, clearing water bars, and weeding. I am grateful that the black bears around here tend to run away from people rather than attack them! Lastly, as my luck and/or higher power would have it, it is that same good friend who introduced me to UUS!

- Bob Brown



Meet Our New Members!

The McMullen Family

Suzie, Mark, and Luke McMullen live in Leesburg, VA, and own a log home on a 23-acre hay farm, with their new dog, Cody, their chickens, rooster, and a thriving organic vegetable garden. They love living out in “the country” and the solitude that northern Loudoun County offers, when they’re not fighting the traffic to get in anywhere closer!

Both Suzie and Mark grew up off and on overseas – Mark’s father was in the Navy while Suzie’s dad was in the Foreign Service. This afforded both of them a chance to see how people in other parts of the world live, and to grow an appreciation for other cultures. Suzie and Mark met when they both worked at United Way of America. They now both work for Booz Allen Hamilton. They were married in Tuscany, Italy in 1998 and then decided to pursue Mark’s dream of owning some land and building a log home (the project started in 1999 and ended in 2002, with the birth of their son, Luke). As Luke (turning 6 in September) continues to grow in leaps and bounds, they enjoy family outings/trips when he isn’t playing baseball or soccer or attending school/camp. They’ve made several trips to Costa Rica over the years (Mark is an avid surfer), as well as a family ski trip to Aspen/Snowmass, CO. And, any free time they get, they spend with Granny (Suzie’s mom and longtime UUS member and supporter Judy Gruner) at her condo at Bethany Beach.



Luke, Mark, and Suzie McMullen

The McMullens’ initial introduction to UUS was made possible by Judy. Suzie grew up in Vienna, with off and on again attendance at the Fairfax UU church until she went off to college. After college, she started attending UUS on occasion with Judy, but really got turned on to it with the arrival of our new minister, Anya, and joined the church earlier this summer. Mark grew up as a Lutheran, but in his adult years, identified more with the spiritual principles of Native American culture, particularly Lakota. He enjoys the openness and acceptance that the UU faith offers. Luke also attends UUS and enjoys the friends he has made in RE and the various stories/lessons that are offered.

Visitor and Friend Information

If you have been attending services at UUS for a while, but still are not a member, there are some events that might be of interest to you. An Inquirers' Class will be held after the service on September 7. This is the first formal step toward the status of “Friend” or member of UUS. On October 18 there will be a “New to UU” lunch and session from 12:00 until 4:00 at the home of Terry Dick in Ashburn Village. At the Sunday morning service on October 19, we will recognize all those who have signed the membership book over the summer and fall. For further information please speak with Rev. Anya or Terry Dick, the Membership Committee chair.

Goings On: Some Exciting Happenings!



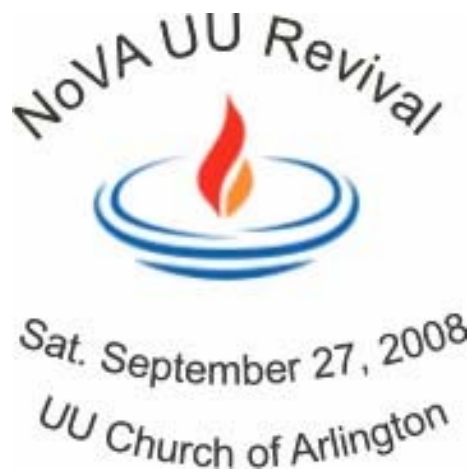
A Walk to Beautiful

Saturday, Sept. 13, 2008

7:00pm at UUCF

The UU Congregation of Fairfax, the Women's Spirit Circle, and a gathering of members of the community at large, are pleased to host the filming of the award winning documentary, "A Walk to Beautiful," the stories of five Ethiopian women who suffer from devastating childbirth injuries and embark on a journey to reclaim their lost dignity. Rejected by their husbands and ostracized by their communities, these women are left to spend the rest of their lives in loneliness and shame. They make the choice to take the long and arduous journey to the Addis Ababa Fistula Hospital in search of a cure and a new life. All funds raised on this evening will go to The Fistula Foundation, which is dedicated to restoring the health and dignity to women with obstetric fistula and to helping prevent this tragic injury through support of the Hamlin Fistula Hospitals in Ethiopia.

For more information, contact Carmela Knepler at carmelask@msn.com. See www.fistulafoundation.org for more information about the Fistula Foundation.



What's a UU Revival?

A regional Revival Planning Committee is hard at work creating a uniquely UU Revival so compelling and so exciting that you will find it irresistible. It is planning a mini-GA with highly energetic worship services to open and close the day. Workshops are organized in three tracks: Greener Path, the Welcoming Table, and Broader Vision.

Dr. Thomas Lovejoy, the Heinz Center for Science, Economics and the Environment president, and founder of the PBS program Nature, and many other high profile positions, will lead off the Greener Path track with a talk titled

"Climate Change: Prospects for Nature." Other great workshops include a UU congregations "Secret Shopper" or Anonymous Visitors training that will prepare participants to visit Sunday services at churches other than their own this fall and report back what they experience. This information will be used to develop tools to help congregations improve our welcoming skills, and share great ideas. There will also be a workshop that will be a working meeting of the NoVA UU Legislative effort Planning Committee. We have confirmed "Faith, Conscience and Nonviolent Civil Resistance in an Age of Empire and War," facilitated by Malachy Kilbride, Washington Peace Center, who will be accompanied by youth who will talk about how they are involved at the Center. We'll also have an "OWL Out" session that will discuss how UU's are spreading the good news about safe and responsible comprehensive sexuality education.

Register online now at UUSJ.org. Because we will enjoy a catered lunch prepared by the UUCA Food Ministry leader, New Orleans native Erica Clark, we require advance registration. Please bring your name tag from your home church! And we'll see you on the 27th for worship, music, dancing, clapping, eating, and making joyful noise!

Ware Lecture Video

Wednesday, Sept. 17, 2008

7:00pm-9:00pm at UUS

Join your fellow UUS'ers at UUS on September 17 to watch a video of this year's UUA General Assembly Ware Lecture and participate in a discussion afterward.

The 2008 Ware Lecture was provided by Van Jones, an activist working to combine solutions to social inequality and environmental destruction. Attendees at this year's lecture who have attended multiple GAs in the past have called this the best Ware Lecture ever.

For information, please contact Shelley Tamres at 703-450-0218 or at shelleytam@aol.com.

UUS Yard Sale!

Saturday, Sept. 20, 2008

at Nancy's House

Please contact Nancy McCormick if you are interested in helping before, during, or after the sale, have stuff to sell, or have a truck to help haul the stuff to local thrift stores.

Leadership Training

Sunday, Sept. 21, 2008
12:15pm at UUS

Do you lead a small group or committee at UUS? Do you know how to upload information to our website calendar? Do you know how, where, and when to send your announcements so that they will be included in the Order of Service and the newsletter? Do you know how to contact our Administrative Assistant, and how she can serve your group or committee?

These queries and more will be covered at this Leadership Training session. All committee and group leaders are strongly encouraged to attend or to send representatives.

UUS Congregational Retreat

Saturday, Oct. 4,
2008

Join UUS members, friends, and other interested participants in a lively discussion of our wants, desires, concerns, and vision for the future. More details to follow.

UUCF Adult Retreat Oct. 3-5, 2008 in Charles Town, WV

The members of the UU Congregation of Fairfax invite you to join them at their fall Adult Retreat, to be held Oct. 3-5 at Claymont Court near Charles Town, WV. The theme for this year is Creating Peace. The weekend will include workshops on a variety of topics, delicious food, and time to relax in a beautiful setting. For more information or a registration form, contact Mary Matheny (703) 620-3944 or mmatheny@verizon.net.

Women & Religion 2008 Fall Retreat

Oct. 17-19, 2008 in Lanoka Harbor, NJ

Deep inside each of us an ancient wisdom lies sleeping. Our ancestors understood the divine nature of the Living Earth and how it is that we are woven into the sacred web of life. This year's JPD Women & Religion Retreat will be held at the Murray Grove Conference Center in Lanoka Harbor, NJ. The topic is "Searching for the Goddess in Nature, Finding the Divine Within." This experiential weekend will be led by Sarah Campbell, a community herbalist from Lancaster County, PA. Women will be encouraged to use song and movement, stillness and contemplation, storytelling, the labyrinth, altar-building, and art-making to connect and deepen this vision.

For further information, contact Barbara Caballero, Registrar (301-638-3773, lilac.usa@comcast.net), or Lois Morigan (610-872-2884, loismorigan@aol.com), or go to www.jpdw.org.

BRIDGES Interfaith Day of Thanks

Sunday, Nov. 9, 2008

5pm – 8pm

Ida Lee Recreation Center,
Leesburg

Join in an open community event sponsored by Loudoun Interfaith BRIDGES to allow people from many cultures and faiths to give thanks in a public celebration. The event will begin with Native American drumming and a welcome, followed by a liturgy of thanks, a meal, a youth program, and a benediction.

There is no fee to attend. Pre-registration is required. Food donations for the Food Pantry are encouraged. Each congregation will prepare an assigned "course" to share.

Our Youth group has been invited to share a "story of thanks" from our tradition. UUS is looking for someone to coordinate our participation at this event. If you are interested in attending or coordinating, please email or call Rev. Anya Sammler-Michael: minister@uusterling.org, 703-406-3068.

Save the Date: the JPD Spring Conference!

April 24-26, 2009

Wilmington, DE

DoubleTree Hotel

700 N. King Street

Wilmington, DE 19801

Religious Exploration

On the first Sunday after Labor Day, many Unitarian Universalist churches begin their church year with an Ingathering Service and a mingling of waters from the congregation's summer adventures. As you gather your water for our traditional Water Communion, you will probably be thinking of the journeys, both outer and inner, that you have taken over the past few months. You may have traveled a long distance, bringing water from a far away place. You may have stayed nearby, bringing water from a neighborhood stream or the backyard sprinkler and also, perhaps, bringing a new view of a space close at hand. Yet again, your journey may have been purely internal, with water symbolizing the discoveries made along the way and the sorrow or joy of the experience.

The children will begin their own journeys in Religious Exploration on the Sunday following the Ingathering. The students in kindergarten through 5th grade will begin treasure hunting, searching for the many treasures that lie within themselves, within other people, within Unitarian Universalism, and within the world. On September 14 this group will make treasure chests to take home. Each Sunday after that they will make or receive a treasure to add to their treasure chests and to help them remember that Sunday's adventure.

The middle school group will travel between four metaphorical points of the compass, following the *Compass Points* curriculum. They will explore their inner selves, the role others play in their lives, how our church and denomination touch their lives, and how they can live lives of meaning and integrity within their world. The sessions will include a variety of activities, stories and engagements specifically designed to engage and inspire middle school students.

To find out more about the children's RE program, contact Linda Weaver at re-director@uusterling.org.

Join the Journey!

All adults are encouraged to take part in the Religious Exploration journey this year. By helping in children's RE, you will learn more about Unitarian Universalism, get to know the children and adults at UUS better, and take part in building a strong intergenerational community. There are still several opportunities available to choose from:

- Substitute when leaders or assistants are not available.
- Lead dance, music, drama, or an art project one or more Sundays throughout the year.
- Coordinate or help with a special event, such as Valentines for Vets, Trail Clean-up or children's activities during the Auction. To volunteer or to find out more about the program, contact Linda Weaver at re-director@uusterling.org.

Roving Reporter Susan Rose

- What was the best thing that happened to you this summer?
- Maddie** (8) I went to Myrtle Beach and stayed in a condo!
- Logan** (5) The Dancing Rocks at Great County Farms!
- James** (8) The hike and the picnic!
- Maggie** (6) Swimming at the pool!
- Bridgett** (5) Going to the beach!
- Kayla** (4) Going to Busch Gardens!

RE Schedule

Kindergarten-5th Grade:

- Sept. 7 – Intergenerational Service
- Sept. 14 - Treasures
- Sept. 21 – Each Person is Important and Unique
- Sept. 28 - Problem Solving and Getting Along With Each Other
- Oct. 5 – Intergenerational Service
- Oct. 12 – My Family
- Oct. 19 – Friends and Our Church Family
- Oct. 26 – Family and UUS Memories

Middle School Group:

- Sept. 7 – Intergenerational Service
 - Sept. 14 - Orienting to *Compass Points*
 - Sept. 21 – What is the Journey?
 - Sept. 28 – Where Have I Been So Far?
 - 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!
- 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.

From Lori's Desk

Time flies. As summer ends and my children prepare to return to school, UUS prepares to return to its regularly scheduled programming. This means that I will return to my regularly scheduled work week. I have continued to provide administrative support throughout the summer, albeit greatly diminished but still ever-important to the running of such a fantastic church!

In meeting with Reverend Anya to discuss our schedules for the "new" church year, we've decided to shift things. **I will be in the office on Mondays and Thursdays from 9:30am to 2:30pm.** If you have any support issues you would like to discuss, you may find me there at that time, or you can always leave a message at 703-406-3068.

It is with tremendous gratitude for such a wonderful congregation and staff that I begin my second year with UUS! I have greatly enjoyed getting to know many of you and I look forward to other opportunities to meet more of you.

Lori Stevens, UUS Administrative Assistant

Small Group Ministry

Can you believe that summer is gone? And that the new church year is beginning? That means all small groups will be gearing up and inviting you to join in. These groups are an important part of UUS, providing a connection between members and the church on days other than Sunday. If you are unable to attend Sunday services, small groups can provide the spiritual connection you need. If you come to Sunday services, these groups enhance your connection to UUS. Connection is the theme! Our small group ministry program provides that connection between Sunday services. UUS small groups are always open to new members.

Covenant Groups

Covenant Groups meet once a month during the school year to discuss a topic related to spiritual growth. Last year, topics included loss, crossroads, and spirituality. As a member of a group, you will be able to engage in these deeper conversations and you will get to know the other members of your group in a way that might not otherwise be possible. Covenant Groups will begin meeting the second week in October. Sign ups will begin on Sept. 14 and continue through early October. Four groups will meet once a month on Monday, Tuesday, and Thursday evenings; there is one daytime group. Other groups will be formed as interest grows. Send an email to Lori Stevens at administrator@uusterling.org, contact Rev Anya, or sign up on Sunday morning if you are interested in joining a group or wish to learn more.

Elder Care Support Group

The Elder Care Support Group meets for breakfast at 8:30am the second Sunday of each month at the Virginia Kitchen in Herndon to discuss issues related to caring for our parents. This month's meeting is on Sept 14th. The coffee is always ready for us. If you would like to join this support group, contact Mike Berger at m.d.berger@ieee.org or just show up.

Men's Spirituality

The Men's Spirituality Group meets on second Fridays for conversation and camaraderie. Watch for meeting announcements or contact Tony Thede or Al Swett for more information.

Stream Monitoring

The UUS Stream Monitoring Group monitors Beaverdam Run in Ashburn. Members get together periodically to conduct a habitat survey and a biological survey according to a protocol. The Stream Monitoring Group encourages environmental stewardship, and is an opportunity to learn, interact, and commune with our local environment in a family-friendly, fun outdoor activity. Contact Scott Findley at sfind39@aol.com for more information.

Women's Earth-Based Spirituality

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 4th Friday of every month. Watch for the announcements. For more information contact Kim Fitzgerald at Kimberly.fitzgerald@ngc.com.

Choir

The choir is back! We are in the search mode for a new music director – stay tuned for breaking news – but we will begin singing on In-gathering Sunday as a self-directed choir. We are always seeking new members. Please see any choir member if you are interested in joining us.

New Groups

It is easy to start a small group. If you like to read and would like to discuss what you read with other UUS'ers, or if you like to quilt or do other fabric related things, you could start a group. More information is available on our website under the drop down menu ministry/small groups, or contact Bonnie Lepoff (Board liaison to Small Groups) at blepoff@cox.net or talk to Rev Anya.

Small Groups Sunday

September 14, 2008

Small group ministry has been a part of life at UUS for more than eight years. Over those years, we've had book groups, movie groups, a fiber arts group, and several different music groups. We still have the Women's Earth Based Spirituality, Elder Care Support, Men's Spirituality, and the choir. All groups provide an opportunity to share a common interest and a chance to get to know each other in a way that's just not possible if we only see each other on Sundays. But they provide more than that: small group ministry enhances our religious experience by offering us a way to support each other and share our lives. It's this personal ministry that is so important, and is what constitutes such a vital part of UUS.

During coffee hour on Sept. 14, each small group will have members available to talk to you and answer questions. Learn about each group and see which are a fit for you.

More About Covenant Groups

Covenant Groups will begin meeting the second week in October. Small Groups Sunday is the perfect time to sign up. There are currently four groups. The Monday night group meets in Reston. Deb Rose is the leader. The Tuesday night group meets at the church. Mike Berger is the leader. The Thursday night group meets in Sterling. James Stafford is the leader. The day time group will meet and select a day. Celinda Chandler is the leader. If you would like to join a group and won't be at church on the 14th, call Rev Anya to sign up.

New Ways to Learn at Meadville Lombard, a Unitarian Universalist Seminary

Meadville Lombard is now offering courses in formats that make it easier for working religious professionals and lay leaders to broaden or deepen their theological and congregational understanding. These on-campus courses were designed in a format best suited to developing religious leadership skills--a format that is face-to-face and heart-to-heart.

Lay Leadership Development with Rev. Brian Covell; October 3-4 and 24-25, and November 14-15, 2008

Designed to help ministers, lay leaders and post-internship seminarians become acquainted with the paradigms, problem-solving and relational skills necessary for effective lay leadership development. Because of the nature of this course, we offer this incentive for congregational teams: Pay for two team members from your congregations, and register a third for free. Audit: \$700.00/Credit: \$1400.00.

Real Peace/Real Security: UU Perspectives on Peace and War with Dr. Sharon Welch; January 17-18, 2009

In this half-credit course, address the issues posed by the UUA CSAI study/action issue on peacemaking. Examine options for enhancing peace and security in our contemporary world and explore perspectives held by Unitarian Universalists on: strategic peacebuilding, just peace, just war, preventive defense, nonviolence and pacifism. Then discuss the concrete ways in which congregations best foster open dialogue and informed engagement on these crucial issues of peacemaking and conflict transformation at all levels: interpersonal, congregational, national and international. Audit: \$375.00/ Credit: \$750.00.

Problems in Public Ethics with Rev. Dr. William Schulz and Dr. Sharon Welch; January 23-25, 2009

Learn to clarify the theological and ethical underpinnings of your approaches to public problems; consider five of the most pressing such problems on the national and world stage today: torture, military intervention, abortion, death penalty, and poverty and learn how to articulate your perspective and navigate the complexities of dealing with such issues in an institutional context. Audit: \$750.00/ Credit: \$1500.00.

Fling Wide the Doors: Children and Church Growth with Rev. Greg Stewart; January 12-16, 2009

How well do we welcome children into the church family and what impact does that have on church growth? Audit: \$750.00/ Credit: \$1500.00.

Afro-Americans and the Universalists, Unitarians, and Unitarian Universalists with Rev. Dr. Mark Morrison-Reed; January 26-30, 2009

Become familiar with both the Afro-American experience within the liberal religious community and the community's attitudes toward Afro-Americans. Who were these Afro-American women and men and when and how did they become part of this religious movement? What were the attitudes they met among Anglo-Americans and what was the institutional response to them? One objective of the course is for students to create a historical record of their home congregation with regard to race. Audit: \$750.00/ Credit: \$1500.00.

Visit our website for a [full listing and course syllabi](#) and to [register online](#). Please note that the tuition does not include lodging, and registrants will need to apply for [Student at Large status](#) (\$45.00) and pay a registration fee of \$50.00.

Contact Erika Chavez, Director of Admissions, at 773-256-3000 x 250 for more information.

Meadville Lombard Theological School
Changing Lives to Change the World
www.meadville.edu

Analemma

We only have one more copper sun left in the basket for the analemma, the marking of the sun's path on the sanctuary wall. We need another 10-12 suns before we complete the year in November. If you would like to make one or more, they are all approximately 3.5 inches in diameter. If you haven't made one yet and would like to contribute, please e-mail Mary or James Stafford (postxian@gmail.com) for supplies. Thanks to all who have contributed, and we look forward to more creative offerings!

UUS E-mail Changes

Our e-mail administration team has been exploring ways to facilitate UUS electronic communications. Log in to <http://uusterling.org> for a complete list of new UUS e-mail addresses. Select the "Keeping In Touch | Contacts" menu item. If you don't have an account, click the "Register" button on the right side of the home page. If you have any questions, please send them to the email administration team at email@uusterling.org.

Newsletter Kudos and a Request

The Communications Committee would like to thank Bob Brown, Linda Nevitte, and Linda Reeder! Bob and Linda N. have agreed to replace Linda R. as she gives up her long-term post as newsletter editor. Linda R., thank you for your hard work! Bob and Linda N., thank you for taking over this important task!

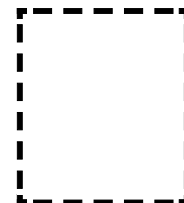
The committee is also interested in adding a person or two to the existing newsletter production team. Qualifications include experience with, or willingness to learn, Publisher, as well as some free time every three or four months. Interested? Questions? E-mail newsletter@uusterling.org.

September 2008

Visit <http://uusterling.org> for further information about these and other events, volunteer schedules, and coffee hour food schedules.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 7:00pm Board of Trustees Meeting	4 7:30pm Choir Rehearsal	5 6:00pm Board Retreat Dinner	6 9:00am RE Training 2:00pm Board Retreat 5:00pm AAFCJ
7 10:30am Worship Service 12:00pm Inquirer's Class 3:30pm AAFCJ	8	9 7:00pm Covenant Group	10	11 7:30pm Choir Rehearsal	12 7:30pm UUS Men's Group	13 6:00am AAFCJ 5:00pm AAFCJ 7:00pm <i>A Walk to Beautiful</i>
14 8:30am Elder Care 10:30am Worship Service 11:30am Small Groups Sunday 3:30pm AAFCJ	15	16	17 7:00pm Ware Lecture	18 7:30pm Choir Rehearsal	19	20 5:00pm AAFCJ UUS Yard Sale
21 10:30am Worship Service 12:15pm Leadership Training 3:30pm AAFCJ	22	23	24 BYOT, I	25 7:00pm Membership Committee 7:30pm Choir Rehearsal	26 7:00pm WEBS Group	27 8:00am UU Revival 5:00pm AAFCJ
28 10:30am Worship Service 12:00pm RE Committee Meeting ... 3:30pm AAFCJ	29	30 7:00pm Sterling Gable HOA Meeting				

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



Your Church Leadership

Minister: Rev. Anya Sammler-Michael

Director of Religious Exploration: Linda Weaver; **Music Director:** Vacant

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: Susan Miller; **Editors:** Bob Brown and Linda Nevitte

Production: Jeff Chandler, Susan Miller

Board Liaison: Jeff Chandler

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

Submission Deadlines

9/19 for October

10/17 for November

11/21 for December/

January