

Volume 37
Edition 10
October
2019



CROSSROADS



Bull Run Unitarian Universalists

Rev. Charlotte's Word-Weavings

Wondering what's BRUU-ing?

Along with all of the many regularly scheduled activities at BRUU (see elsewhere in this newsletter and read on for more tips), this month there are two very important initiatives being launched that I want to be sure you know about. Get out your calendar now and write down these dates so you'll be sure to engage in some of the most critical work of this community.

- **Vision process begins** with congregational input through three (3) gatherings using the World Café model: October 6th (Sunday), November 2nd (Saturday) and November 10th (Sunday). Childcare will be provided. *Ideally*, every member of the congregation will attend one session to provide input into the process.
- ALE classes on **White Fragility**, which will engage in examining racism and white supremacy culture, are on three (3) Sundays after worship: October 20th, November 3rd, and November 10th. Addressing this topic is a high priority in the UUA's current mission; we are a member congregation and it behooves us to center this work in our own UU community.

You will notice that both of these meet on 11/10; so if you're signing up for the White Fragility class, please mark your calendar with a different date for the visioning process.

There is always a lot BRUU-ing at the corner of Church and Main Streets in Manassas. The only way you will really know is if you regularly check out the wide range of communications that we use to keep each other in the loop on all things BRUU.

(cont. page 2)

One place to start is with the calendar included in the Sunday Order of Service (OOS). Here you can find the very basic information of date, time, location, and contact person for the week from Sunday-to-Sunday. It is printed on a half page insert and you can take it home to put up on your bulletin board, refrigerator or mirror or fold and slip into whatever you carry with you. Check out the more detailed announcements also found as inserts in the OOS and listen carefully to the announcements at the start of the worship service.

Also, disseminated weekly is the electronic broadsheet known as *Round-Up*. Here you can find more information about upcoming activities, read about workshops and events happening at other area UU congregations, or get information about social justice actions or job postings, and so forth. Typically, *Round-Up* is sent near the end of the work week and submissions should be sent to communications@bruu.org on Tuesdays.

When you need to plan further out, the monthly newsletter *Crossroads* is the place to look for information. The deadline for submissions is usually the 25th day of the month (newsletter@bruu.org). Both *Round-Up* and *Crossroads* are sent electronically to anyone who has indicated they wish to receive them.

If you want to be sure to get important dates into your calendar sooner rather than later, you can always look at the church calendar. The one you can find on the BRUU website (<http://www.bruu.org/events-calendar/>) is for public consumption; so if you want the complete calendar, you have to look at the one that is located in BRUUnet, just follow the link.

I recommend highly that you avail yourselves of all – or as much as you can manage in your personal schedule – that BRUU has to offer. Don't be one who says, "I didn't know about that; I wish I had!" Do your due diligence and you won't be missing out.

May your days and nights be blessed,

Rev. Charlotte



Minister's Schedule in October

From the evening of October 16th through October 21st, Rev. Charlotte will be attending the UU History and Heritage Society Convocation in Baltimore (<http://www.uuconvo.org/>) with an add-on trip to Murray Grove Retreat and Renewal Center (<https://www.murraygrove.org/>) in Lanoka Harbor, NJ.

With an ambitious title of: *Origins of Unitarianism, Universalism, and Unitarian Universalism in America: Implications for Liberal Religious Thought and Practice Then and Now*, the convocation celebrates the 250th anniversary of John Murray's arrival in America, a seminal event in the early history of American Universalism, and the 200th anniversary of William Ellery Channing's "Unitarian Christianity" called "the Baltimore sermon" because it was preached at the ordination of Jared Sparks at the newly organized liberal church, the First Independent Church of Baltimore (now the First Unitarian Church of Baltimore (Unitarian Universalist)).

During Rev. Charlotte's absence, the Pastoral Care Team (pastoralcare@bruu.org) will handle pastoral care needs.



Children's Book Drive! The Food Pantry is depleted of books for infants, toddlers and children up to 8th grade reading level. Please donate gently used books to the Food Pantry box in the Fellowship Hall.



FROM ANNEASE

Evensong service October 18 at 7:30 "Prayer Through Song"

"There is nothing in the world so much like prayer as music is" said William P. Merrill. Join us for a quiet, meditative service, as we allow music and song to be our prayer.

Annease Hastings, Director of Music

October 2019 Sermon Descriptions

October 6: *The Spirituality of Fasting* (Rev. Charlotte) – Fasting is a part of spiritual practice in many of the world's religions. During Yom Kippur – the Days of Awe – Jews fast for 3 days. Christians have designated fast-days throughout the year. Muslims fast from sunrise to sundown for the entire month of Ramadan. What is the place and value of fasting in our spiritual lives?

October 13: *Let's Talk About White Fragility* (Rev. Charlotte) – This worship service will launch a deeper examination of whiteness, the roots of white supremacy and racism, and how white fragility perpetuates systems of oppression.

October 20: *Looking Ahead: Social and Climate Justice in a Turbulent Time - The Social Justice Committee and Green Team* will share perspectives on what we can do, individually and collectively, to move social and climate justice forward.

October 27: *Celebrate the Cycle of Life and Death* (Kristin Worthington) – In ancient times, this time of year was thought to be when the veil was thin between the world of the living and the world of the dead. Our ancestors could return to visit us, to give us help and advice. Lights were lit to guide their way, and offerings of food were given. In each life we learn new lessons, so our souls are always becoming wiser. Bring with you photographs of your beloved dead – human or animal. This is a multigenerational worship service.

Vision, Mission, and Covenant

One thing we need to understand as we embark upon setting forth a vision for BRUU is the relationship between vision, mission, and covenant. What makes them different? How do they relate to each other? Do we really need all three?

Vision, mission, and covenant are the three keys to having vibrant congregations, according to the UUA in its 2005 document "Vision, Mission, and Covenant: Creating a Future Together." They serve different purposes. And while they have things in common, they are mutually supporting, like the legs of a tripod.

Vision is about where we are going in the future. It paints a picture of what we want to become in the next five to ten years.



You can participate in creating a vision for BRUU by coming to one or more of the BRUU Vision Cafés.

All will take place in Fellowship Hall, on the following dates:

- Sunday, Oct. 6, 1 pm – 2:30 pm
- Saturday, Nov. 2, 11 am – 1:30 pm (time subject to change)
- Sunday, Nov. 10, 1 pm – 2:30 pm

Mission is about what we do and why. It asks, what is our transcendent purpose? What difference do we want to make in the world and for whom? Sometimes it describes the fundamental principles and values that guide us. It focuses on the present.

Covenant is about how members of the congregation will be with and will behave toward, one another, as well as what is promised or vowed to one another and to the congregation as a whole.

So how do these work together?

Vision represents the dream of the congregation. It is rooted in the values and beliefs expressed in the mission or the covenant. It suggests how to shape the activities conducted under the mission. Vision informs mission, which uses it to derive goals and specific ends. The outcomes of mission's work suggest new possibilities, which feed back into vision.

Vision gives the community a sense of direction, a picture of what the congregation wants to be in the future. It inspires the congregation to move toward a new reality. Mission grounds vision by working to make it real, by working for change.

Covenant binds us together in community by articulating the values, beliefs, and behaviors that are held dear. It shows how individuals in the congregation can interact in harmony as they carry out their shared mission and pursue a common vision. And when there is conflict, covenant reminds us to handle it gracefully.

Links and Sources:

BRUU Covenant: <http://www.bruu.org/about-us/congregational-covenant>

Vision, Mission, and Covenant: Creating a Future Together, by Unitarian Universalist Association, 2005
Governance and Ministry, by Dan Hotchkiss, 2016

The Nested Bowls, by Laura Park, 2018



October 2019

- 10/01 UupBeats, 12:45 P
- 10/02 Tao Te Ching ALE, 10:45 A
Seasoned Souls ALE, noon
- 10/03 Master Naturalists, 6:30 P
- 10/05 Octoberfest, 6 P
- 10/06 BRUU Vision Café, 1 P
- 10/08 Food Pantry, 9:30 A
- 10/09 Tao Te Ching, 10:45 A
- 10/10 Worship Committee, 7 P
Master Naturalists, 6:30 P
- 10/13 Membership Committee, 11:15 A
Finance Com, 11:15 A
BRIC, 11:30 A
- 10/14 SASS, 1:30 P
- 10/15 UupBeats, 12:45 P
PFLAG, 7 P
- 10/16 Tao Te Ching, 10:45 A
Grief Support, noon
Plant Native Plants ALE, 2 P
- 10/17 Master Naturalists, 6:30 P
Board Meeting, 7 P
- 10/18 USDA Food Pantry, 9:30 A

- 10/18 Evensong, 7:30 P
- 10/19 Effective Meetings, 1 P
- 10/20 Soup Sunday, 11 A
Program Council, 11:30 A
New UU, 11:30 A
Town Hall, 11:30 A
Adult RE Committee, 11:45 A
- 10/22 Food Pantry, 9:30 A
- 10/23 Tao Te Ching ALE, 10:45 A
- 10/24 Peace Cranes Art ALE, 10 A
Master Naturalists, 6:30 P
- 10/25-7 Adult Retreat in Berkeley Springs
- 10/26 BRUU Boo, 4 P
LGBTQ Cultural Competence, 1 P
- 10/27 RE Committee, 11:30 A
Master Naturalists, 6:30 P
- 10/28 Neurological 4th Principle ALE, 7 P
- 10/29 Peace Cranes art ALE, 6:30 P
Master Naturalists, 6:30 P
- 10/30 Tao Te Ching, 10:45 P

Adult Retreat

Only a couple slots left! Contact Janette Muir (jmuir@gmu.edu) immediately if you are interested!
Cacapon Lodge, Berkeley Springs, WV
October 25-27

Cost is \$150 per person for 2 nights lodging (double occupancy) and one communal Saturday night dinner.



Octoberfest dinner and dance on Saturday, October 5. If you haven't already bought your ticket in advance, cost is \$25 per person. Come for a wonderful dinner of brats, sauerkraut, beer, and a German dessert complete with oompa music provided by our musicians. After dinner we will transition to regular dance music for more fun and dancing. Childcare is available for children seven and under.



Family Calendar October 2019

Oct 3: Children's choir 6:30-7:30

Oct 6: OWL Grades 7-9 11:30 lunch, 12:00 –
3:00 workshop

Oct 6: Children's choir sings at service
Youth choir 11:15-12:15

Oct 12: Second Saturday Social for Jr. & Sr. High:
Walking Labyrinth at Thomas Jefferson UU,
Charlottesville and Pumpkin Patch

Oct 13: "Many Waters" Book Club, 8:00 am
Grounds Central Station

Oct 13: Children's choir 11:15-11:45
Youth choir 11:45-12:15

Oct 20: Children's choir 11:15-12:15 (followed
by lunch)



Scenes from the September Committee Fair. There are multiple ways to get involved and lend a helping hand at BRUU!

(photos courtesy of Tom Miller)





Unity in the Community facilitated this year's International Day of Prayer for Peace at the Wat Lao Buddhavong Buddhist Temple near Catlett. 25 BRUUsers were among the hundreds of attendees at this event. Randy Earl was on the planning team, and the BRUU choir sang "River of Peace." Photo courtesy of Cathy Ring.

From the DRE...

Adult Learning Experiences are a fantastic way to discover the rich talents of people in our congregation and in the community. The facilitators are generous with their time and energies to provide brief, but extensive discussion of timely issues that affect us all. A side benefit of attending a workshop is gathering with like-minded persons of all ages in a casual atmosphere and the opportunity to connect with them in new ways. Take advantage of one or several of the upcoming opportunities for lifelong learning. Each one is provided free of charge by knowledgeable hosts.

How to Plant a VA Native Plant garden
Wed, Oct 16; 2 – 4 PM

White Fragility
Oct 20, Nov. 3, Nov. 10;
11:15 AM – 1:45 PM

Peace Cranes
Multigenerational Discussion and
Collaborative Art Creation
Thurs. Oct 24; 10 AM – 12 PM

LGBTQ Cultural Competency & Ally ship
Saturday, Oct 26; 2 – 5 PM

Neurological Basis of 4th UU Principal
Mon, Oct. 28 & Nov. 4; 7:30 – 9:30 PM
Autumn Movie Night - "LOVING"
Sat, Nov 9; 6:30 – 9:00 PM

The Amazing Plants of Virginia Before
Humans
Mon, Nov. 11 7:30 PM – 9 PM

Introduction to Mindfulness
Mon, Nov. 18; 7:00-8:30 PM

On Going

Register Online for ALE classes at
<http://www.bruu.org/adult-life-enrichment-course-registration-autumn-2019/>

Seasoned Souls, Monthly Brown Bag Lunch,
1st Wednesdays – 12 Noon to 2

Grief Support, Monthly Brown Bag Lunch,
3rd Wednesdays – 12 noon

The New UU is for newcomers and longtime members alike

Join us for a **series of three workshops** sharing important themes in Unitarian Universalist congregational life. Each workshop provides an opportunity for participants to interact and share their own experiences, a process that echoes the Unitarian Universalist commitment to individual theological exploration. Participants will learn about Unitarian Universalism not only by hearing about it, but by doing it—exploring their own theology and its intersection with the tradition.

Sundays, 11:30 am—2:30 pm.
Bring a lunch or we can organize to order in
Meets in Byer Library

October 20: Theology & Worship and “Where Do We Come From?” BRUU’s Roots
This session presents some of the basic theological understandings of most Unitarian Universalists, and an introduction to Bull Run UU’s worship traditions. We’ll overview the history of Unitarian Universalism and introduce some notable persons along the way. One of our BRUU co-founders will share our own history, beginning at the “Do you think anyone would be interested?” conversation till now.

November 3: Faith Development and Social Justice

This workshop introduces the philosophy of Unitarian Universalist religious education, and the concept of lifelong learning. Participants will explore how faith, Unitarian Universalist identity and spiritual development are shaped through our congregation’s religious education programming. Participants will receive an introduction to social justice work in a Unitarian Universalist context. We will discuss action and reflection in the context of our faith. We will also learn about the current social justice programs and projects our congregation is involved in.

November 17: Governance & Polity and Membership

This session will present information about the rights and responsibilities of membership in a Unitarian Universalist congregation, specifically discussing the Pathways to Membership at BRUU.

We’ll see an overview of congregational polity and covenant, the foundational principles upon which Unitarian Universalist congregations are gathered and continue to exist as institutions. We will discuss what a “Free church” means. We will look at BRUU’s policies and procedures and we will discuss the process and promises of our BRUU Covenant.

Participants will share their impressions of congregational life and share their hopes about participation in the congregation.

Sign up to attend! membership@bruu.org or dre@bruu.org



BRUU Food Pantry Update for August and September 2019

Thanks to everyone for their generous donations over the summer to the BRUU Food Pantry and School Supply Fund!! The congregation donated a total of \$1461.60 for school supplies. During the BRUU Food Pantry on 8/27 we distributed one \$25 gift card for school supplies to each of the first 58 families with school children. We provided food to 74 families (368 individuals). Our normal turnout is 45-55 families!! Families received fruit, vegetables, frozen meat, and staples totaling 1 ½ tons of food. Luckily, this week a private donation of 2 carloads of staples from Soft Tech Consulting, Inc. allowed us to feed all those extra families.

On September 10th we served 61 families. That was also the first week we received food via the Prince William County food app. Stay tuned for more information about how anyone with even an hour to volunteer can join in the fight to keep food out of landfills and help food pantries across Prince William County receive just in time donations from a myriad of stores and restaurants.

On September 24th we were able to give handmade, reusable bags with lovely strong straps to 40 families thanks to the work of Delenn Main and Sophie Hults. For designing and painstakingly sewing these bags they received their Girl Scout Silver Award on September 23rd.

Just in these last 3 distributions we have fed 895 individuals!! Shout out to our volunteers!! On Mondays the following team loads and unloads trucks and sets up for the pantries: Katie Simon, Mike Oliver, Mike Freeland, Henry Hastings, Tina Cox, Gretchen Almstead, Eric Trumbull, and the Didlake Center Point Lane community volunteers. For distribution on Tuesdays: Elaine Cash, Susan Sinclair, Sharon Figueroa, Helen Ellis, Margaret McCalla, Osk Huneycutt, and Martha Muirhead. Ann and Mark Hempen have long helped on Mondays but will no longer be available due to Grandparenting responsibilities and joys.

So, even though it seems like we are a cast of thousands, **we are looking for a couple of strong volunteers for Mondays 10-12 am.** Random volunteers buttonholed after service for occasional help include Theo Abramovich, Owen Davies and Art Muirhead. It truly takes a village. Thanks to everyone, and a special thanks to Henry who keeps track of the monetary donations and always seems to be on hand—even when two pallets, a pickup truck and two cars full of food all need to be unloaded on the same day!!! Of course, none of this would be possible without your generous financial donations on the third Sunday split and plate offerings and other random acts of generosity. You know who you are! **This year the position of “pantry goddess” will also be coming available, so, search your hearts.** Thanks, Martha Muirhead.





Perhaps you've noticed that some of the same people having been washing your dishes after Sunday Services for many years. The Kitchen Krewe needs additional helpers in to **make the coffee** before the service and others to **wash dishes and clean up** downstairs after Fellowship. To honor our commitment to being a Green Sanctuary by not using disposable products, additional help is required. You can choose your own availability either on a scheduled basis or as a standby helper, so don't fear getting yourself into another permanent obligation. Training provided with no meetings. Tony Main (mainfamily@gmail.com, 571-274-4572) is the herder of this shrinking group.

Can you open your home to a visiting minister, Nov 8-11?

On Sunday, November 10, we are excited to invite Rev. Mark Kiyimba to be our guest minister at BRUU! Rev. Kiyimba is a Unitarian Universalist minister from Kampala, Uganda and has been at the forefront of the LGBT rights movement in Uganda. He has also operated a school and orphanage for children affected by HIV/AIDS. We're looking forward to hearing from Rev. Kiyimba about his efforts, what it is like to be a UU on the forefront of social justice issues in Africa, and how we can help.

Rev. Kiyimba is planning to arrive on Friday, November 8 and depart on the morning of Monday, November 11. We are looking for a family willing to host him for those 3 nights, and show him true BRUU hospitality! If you're able to help out, contact the Worship Committee at worship@bruu.org.

BRUU Auction Time

October is the month to plan your auction items for the most exciting BRUU event of the year! This annual event is family friendly and packed with all kinds of things to enjoy for all kinds of prices. Our earnings from the Auction go into BRUU's general fund to support the good work of our community. Plus, we get to engage in events throughout the year that deepen our many connections. Please consider items to donate. Just go to BRUU.org to provide an entry - look for the guy with the silly hat and there you are.

We are running the auction in three phases this year. The first phase will be online where items worth at least \$50 can be posted for bidding. The online auction will open October 31st and run until Thursday Nov 21, 9:00 pm. At that time, any item that doesn't have a minimum bid will be entered into the silent auction on the 23rd. Most will be miscellaneous items, but there might also be a surprise or two, so stay tuned.

Phase two of the auction is the Big Night – where we feature both a live and silent auction. This is a fun time with good fellowship and excellent food to keep us nourished as we contemplate all our bidding. Many hands are needed to make the event a success, so please sign up to help.

Phase three happens the day after the auction - where we will open the online auction once again to allow those who couldn't join us to also have an opportunity to bid on other items. This auction phase runs from November 24th until December 8th.

(continued on page 12)

So, be thinking about potential auction items this year! The Auction will be held on Saturday, November 23rd, and the month of October will be the time to submit entries. October 31st is the deadline to ensure entry in the auction booklet, or to be posted online. More details to follow - look for the Auction table in the Fellowship Hall every Sunday starting Sept 28th and running through October.

If you want to be involved please contact the auction Czarina, Janette Muir (jmuir@gmu.edu) for some ideas or sign up at the auction table during fellowship time. Thanks!

Just As Long As I Have Breath

Series Title: First Principles

Column Title: Vision

In my speech accepting BRUU's vote to make me President, I spoke of stewardship, accountability, planning for a range of possible futures, vision, living our values, and love. This is the fourth in the series, on the subject of vision.

In my previous column, I wrote, "What can we, as one smallish church in a smallish denomination, do to keep the momentum going?"

Well, it would certainly help if we knew where we wanted to end up. Luckily, we're committed to taking the time and energy as a congregation to figure that out for ourselves, thanks to Rev. Charlotte, Mike Cleary, and the Visioning Team. If you missed the service on September 22, you missed the thoughtful challenge to the congregation and kickoff to the Visioning process that the service confronted us all with.

As we move through the coming weeks of World Cafés and discernment, I hope you will come and contribute openly, honestly, and fearlessly. Not only will it help us collectively figure out what we're doing here and why, it may also force you to confront questions you've been leaving under a layer of dust on the back shelf. Are we too cozy? This time in history calls us all to make sacrifices for what we find most important.

What would BRUU be if we made it the best that it could be?

Martin Crim, President, BRUU Board of Directors

Your Board is Working for You

At its September 26 meeting, your Board took the following action:

1. Provided the President with direction on addressing with the Committee on Shared Ministry (COSM) the assessment of BRUU's communications.
2. Worked on Rev. Charlotte's preliminary fellowship evaluation and set deadlines to finalize it.
3. Agreed to read selected chapters of "Governance and Ministry," the book by Dan Hotchkiss that the previous board read.
4. Agreed to set as a goal for the 2020-21 budget the setting of the Music Director's salary and benefits to meet the UUA salary guidelines.
5. Directed the President to work with our insurer, Church Mutual, to identify safety hazards.
6. Set a date and agenda for the October Town Hall. It will be Oct. 20 at 11:30. The agenda will be the COSM view and preview, discussion of the Visioning process, a pitch for the auction, and discussion of the celebration of 20 years in our building

Committee on Shared Ministry, Conversations Continued...

Fifteen of our fold gathered to share perspectives about how things are going at BRUU and suggestions for improvement on September 15, facilitated by the Committee on Shared Ministry (COSM). The conversation focused within the four overarching areas of **Worship Arts** (Sunday Service, Evensong, music, Rites of Passage), **Community Within** (pastoral care, fellowship, covenant, membership, retreat, leadership development, kitchen crew, etc.), **Community Engagement** (social justice, Food Banks, Green Team, LGBTQ, Beacon, VOICE, Publicity) and **Faith Formation** (RE, ALE, Denominational Affairs). These insights and requests were shared:

Worship Arts

Abundance of talent
Stone ceremony going well
Outstanding well-constructed sermons
Like music, new piano, choirs
More people needed on worship committee
Need to clarify pathway for lay led services
Service element experimentation
Longer meditation, breathwork, mantras
Appreciate drawing on many faith traditions
Rituals for earth-based traditions
Wish choir didn't meet on Wednesday
Need samples/clips to publicize services

Faith Formation

Love ALE and look forward to catalog
Schedule ALE to avoid competition
Schedule ALE to avoid choir night
White Fragility hopefully precursor to more
Weekend workshops/services (as in Deeper
than the Skin) topics such as Ableism
Can be publicized to draw in public

Community Engagement

BRUU are the people who show up at events
Publicize representative service samples
on website - What can you expect at BRUU?
Wear identifying shirts at public events
How are we attracting/retaining young people?
Are people coming back, how to gather data?
What brings people to BRUU? How to assess?
Open up to concerts, outside musicians
How robust is our publicity?
Need SOP how to publicize events externally
Need outdoor signs for events
Advertise to local merchants
Facebook, google groups, Youtube
Fundraisers need to be broadly publicized
Who is responsible for publicity?
Get UUA assistance with publicity
Blog at Church and Main available

Community Within

Unsustainable work distribution
Committees understaffed & overworked
Some people on too many committees
Do we have too many committees?
Are we fulfilling people's needs?
Need vision for communications/publicity
Track activity participation of members
Data base of skills, interests
Document SOPs and groom replacements
Need group interest, not just 1 leader
Advertise Help Wanted with specifics
Create onboarding process for newbies
Need appropriate level/ timely recruitment
Mold in building needs to be treated
Micro-source tasks using spreadsheet
Create task specific subcommittees

As you can see, there were many thoughts and ideas generated! Where do we go from here? Does what we're doing align with our vision? Are there things that we need to let go of as we move forward? BRUU is embarking on a Visioning process to help us focus on next steps.

COSM is in the process of completing their portion of Rev. Charlotte's Preliminary Fellowship evaluation, reflecting input from staff and members throughout the congregation over the past several months.

Your feedback is appreciated!

Gretchen Almstead (chair), Rita Romano, Martha Muirhead, Rick Flaherty, Deborah Buckingham, and Tony Main

Leadership Development *workshop*

Who Were Those Unwanted Visitors?

You have just spent 90 minutes in a meeting, and you leave feeling faintly dissatisfied. What was the meeting’s purpose? What am I supposed to do next? Why was everyone so distracted?

If this sounds familiar, come join the Leadership Development Team on Saturday, October 19, and learn some tips and techniques for **Running Effective Meetings**. Dianne Lane, a trained facilitator, will lead you through an interactive workshop on how to get the most from your teams during your meetings and make your meetings value-added to your mission.

Feedback February 2019: “Useful tools for BRUU leaders and BRUUs who hold outside leadership positions” Your role as an attendee is to come with paper and pen for taking any notes (no electronics, please) and be a willing participant. You will leave the training session with at least three new tools/techniques to improve your meeting management style. If you regularly attend meetings, this session will help you offer feedback to your meeting leaders with specific suggestions.

The Running Effective Meetings session will start promptly at 11:00 AM in the conference room with a brief survey and will end no later than 12:30 PM. Please RSVP to Nina Lomax at 571-247-2811 cell/text or ninalomax@comcast.net by October 16 to ensure we have enough supplies on hand. Free!! **February 2019 participant feedback: “This was awesome! Super helpful”**



Seven BRUUs walk for the American Foundation for Suicide Prevention
(Photo courtesy of Nina Lomax)

Newsletter Submissions

- Send by the 25th
- Send to newsletter@bruu.org
- Aim for articles of fewer than 400 words
- BRUU/UUA news only
- Subject to editorial review

Connecting with the Caring Bridge

BRUU is a large and growing congregation and it is often difficult to keep everyone connected when any of our members need support during health and emotional challenges. To provide information, and simultaneously maintain a level of personal privacy, the Pastoral Care Team (PCT) recommends the use of the CaringBridge.org website. This is a non-profit organization, providing a very helpful service, that creates a cyber space for folks to post/share critical personal or family life event status reports. It also allows those who read the updates to offer comments and words of encouragement. When using the CaringBridge site the individual/family can choose how much of their information they want/need to share, as well as reduce the amount of time explaining their situation to all their concerned friends and extended family. Although this is a FREE service., BRUU makes an annual contribution towards the upkeep of the site, which is why PCT encourages using Caring Bridge. Visit the site, CaringBridge.org to see how easily it could be set up. While there you can check up on your friends’ posts.