



BULL RUN
UNITARIAN UNIVERSALISTS

April 2025
Volume 43, Issue 4

Crossroads



BRUU's First Friday celebrations resume on April 4th!



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The monthly BRUU Newsletter

April Services

April 6: Signs, Signs, Everywhere a Sign (*Rev. Kimberley Debus*) -

Unitarian theologian James Luther Adams suggested we are 'a prophethood of all believers' - but are we? And what happens when a prophet does emerge from our midst, especially when we are in crisis? We'll talk about signs and predictions, grounded in the Hebrew scriptures book of Ezekiel. (as requested by auction winner Brian Pace)

April 13: Meet Me in the Playhouse (MG) (*Worship Committee*) - In times

of uncertainty and anxiety we often look for things to bring comfort. Good stories are timeless, and just because we have left the trappings of childhood behind, we can still return to the Hundred Acre Woods, Sesame Street, Mr. Rogers Neighborhood, or Bluey's house to reconnect with stories of resilience, acceptance, compassion, and hope.

April 20: When the Green Blade Rises (MG) - Join us this Easter Sunday

to hear not only the traditional Christian Easter story, but other stories from around the world about renewal and rebirth in spring.

April 27: Gun Violence Prevention. (*Rachel Feldman*) - Join us this

Sunday to hear Rachel's story. Rachel is from Parkland, Florida and attended Stoneman Douglas High School. She now works for GIFFORDS, Gabby Gifford's national gun safety organization. Learn more about basics of gun safety and how to get involved in the movement.

From the President's Desk

Angie Carrera, President, Board of Directors

Dear fellow congregants,

This past year I was happy to see changes instituted by the Membership Committee to make the BRUU Orientation more vibrant and welcoming. More recently I had the pleasure of observing new members join BRUU in a ceremony that made my heart sing. The Membership Chair's welcome was warm as he introduced a beautiful chalice reading and mindfully shared the importance of our Covenant and the pledging required of all members. After signing the Declaration of Membership document pledging their time, talent, and treasure, they signed the Membership Book and voluntarily provided their pledge as congratulated them and welcomed them to BRUU's beloved community.

So please accept my sincere thanks as I expect that you have submitted your pledge. It is most welcomed and appreciated! You may remember that my goal has been to have 100% of our congregation (members and friends) pledge the best they can offer in support of our mission, our staff, and the programs that help BRUU grow and thrive. If you haven't yet pledged, please take time to do so now. The process should be easy but if you have any problems getting the pledge done, please email Treasurer@BRUU.org. It's not too late to be a part of this effort to help our beloved community grow and thrive.

By reaching beyond the income goal presented by the Stewardship Committee we ensure that we fully recognize the superior performance of three of our staff, (DLRE, Office Administrator and Director of Music) this past year in the midst of turmoil and transition. A half percent performance raise does not faithfully represent their contribution to BRUU this year. You see, they don't work for us for the money. Yes, they have to pay their bills but the truth is that our Director of Lifespan Religious Education (who has worked for us since 2016) and our newer employees (Office Administrator and Director of Music) have exhibited their devotion to excellence, their commitment to teamwork, and

From the President's Desk, Continued

most of all, their determination to move BRUU forward. As employers, we are obligated to recognize and reward it appropriately.

So, I ask you to reconsider your pledge if you are able to add to it. If not now, please consider increasing your giving as your situation improves. In any case, please let our Treasurer know as soon as possible. This will allow us to continue with all the programming and activities that are part of the Aspirational Budget and still ensure we are doing right by our employees.

Angie Carrera-Earl, President

BRUU Board of Directors

Board Matters

Angie Carrera, President, Board of Directors

This scheduled meeting was held on March 20 at 7:00 p.m. in the BRUU Conference Room and may be available on Zoom. There was a Closed Executive Session.

At this meeting, the Board approved the February meeting minutes and the following reports (President, Membership Report, Staff Report, Program Council, DLRE Report, Office Budget Report), were unanimously approved. Please see the BRUUnet KnowledgeBase for Board Meeting minutes, as well as attachments in support of the agenda and/or the reports.

- The proposed Nominating Committee Members (Nina Lomax, Martin Crim, and Heather Berthold) and Right Relations Team Members (Mike Cleary, Zarina Credle, and Theresa Scalzo) were both unanimously approved by the Board.
- A motion made to approve the Restatement of the UUA Retirement Plan was deferred due to concerns about full compliance with the terms of this agreement. Therefore, Angie will confirm our full compliance and issue an email vote.
- John reported that HVAC installation of 2 Mitsubishi units in the Fellowship Hall began 3/18 and is estimated to be done by 3/20. However, John reports that because BRUU's deductible is \$82K, insurance won't pay for the roof repair. Just The Roof (JTR) can make primary repairs for \$18-20k leaving other work ahead. Once done, the Board will research other insurance carriers to improve our coverage.
- In preparation for BRUU's 5 delegate seats at the GA in Baltimore, the Board advises folks to self-fund this activity. For folks unable to do so, scholarships are available up to \$410 each (the cost of early bird registration). Late scholarship recipients will have to pay the difference so we encourage early registration. Delegates will have to cover other expenses.

Board Matters, Continued

- Considering the Ministerial Search ahead, the Board has determined the need for a more in-depth interview process, an enhanced welcome from the Board, and a follow-up meeting with the new minister after 90 days' employment. The Board will select the Search Team.
- The Board prepared the Agenda for the April 6 Congregational Meeting to include reports on Infrastructure and the Congregational Survey regarding a Ministerial Search. The Board will ask for a vote on the proposed Infrastructure purchase and a proposed Ministerial Search. Power Point slides and a reminder with voting information will be made available to the congregation prior to the meeting. Per BRUU Bylaws, only members who signed the book before March 7, 2025, may vote at this meeting.
- New business: A) Membership: Angie reports that the Membership Committee has revised and enhanced the membership process. Orientation now includes a BRUU video, Bylaws, and Covenant. Ceremony now offers Welcome: a UU Primer. Applicants agree to honor our Covenant, sign a Declaration of Membership which includes commitment to pledge their time, talent, and treasure to support BRUU's mission, priorities and activities. B) Immigration issues and UUA congregations: Josh attended UUA training and he suggests resources on ICE sensitive location policy be reviewed by the Board.

After approval by the Board, the full minutes of each board meeting (not the closed sessions) are available on the BRUUnet KnowledgeBase. Anyone interested in further information about the meeting may contact the President at

President@BRUU.org.

April 4 is "First Friday" at BRUU

Join us April 4 for the monthly "First Friday" event in downtown Manassas. Stop by and visit at the corner of Church and Main streets sometime between 6:00-7:00pm, then shop and eat downtown – or just wander around with the happy crowd.

Center and Main streets are closed on the first Friday of each month so everyone can walk (with drinks in their hands) through the core of Manassas. Theme for April is Celebrate Manassas [<https://historicmanassas.org/first-fridays/>].

Come schmooze. You might be lucky enough to see John Sunda demonstrate his bubble manufacturing talents in the middle of Main Street at the main entrance of BRUU. Look for adoring children and bubble-biting dogs all around him.

Mary Kadlubowski will crank up her machine that makes lots of little bubbles. They blow into Center Street, and drivers stuck in traffic are as entranced as the dogs and children. If the universe evolves as it should, she will light the campfire (in the portable fire pit...) and start roasting marshmallows around 7:00pm.



Next Master Naturalists Classes Start in May

Interested in learning about the local environment? The Master Naturalist program offers classes and field trips around Prince William. You can learn more and sign up for the next series of classes – start at:

<https://www.merrimacfarmvmn.com/general-5>



The BRUU Green Team supports the program by offering space for the public meetings of the Merrimac Farm Master Naturalist Chapter every other month.

Questions? Contact Lois Montgomery at masternaturalists@bruu.org.

Social Justice Update: Crisis Receiving Center

Progress in a Forward Direction: The Crisis Receiving Center (CRC) Is Coming

As a member of Virginians Organized for Interfaith Community Engagement (VOICE - <https://voice-va.org/>), BRUU has been active in advocating for state and local funding to open a Crisis Receiving Center (CRC) in Woodbridge at Potomac Mills. Governor Youngkin was impressed last year when VOICE gathered 800 people in Triangle. He supported the General Assembly approval of \$140 million to create nine CRC's across Virginia.



Photo from: VOICE CRC outreach session co-sponsored by BRUU at Church of the Brethren

The CRC at the former Gander Mountain building will be the first to open in Virginia. It will have 16 beds and 16 recliners for adults, plus 8 beds and 8 recliners for youth 13 and below, starting in August/September.

Recliners are intended for short (23-hour) stays, allowing a person having a mental health episode to stabilize, obtain meds, and be directed towards longer-term care. Beds are for 3-7 day stays. The CRC will be operated by Connections Health Solutions (<https://connectionshs.com/>). That company created the CRC model to offer "right care in the right setting at the right time," and operates a flagship CRC in Tucson, AZ.

The Prince William Board of County Supervisors are poised to provide over \$5 million in interim funding in FY26 budget. That funding is needed until the

Social Justice Update, Continued

youth services wing qualifies for Medicaid reimbursement. The Woodbridge CRC is expected to help 4,000-5,000 people per year.

The CRC will provide wraparound services using the “no wrong door” model. Prince William County is locating community services offices and opening a pharmacy at the CRC to provide a continuum of care after discharge. The needs of patients will be identified and matched with appropriate services, including permanent supportive shelter such as Good Shepherd Housing (<https://goodhousing.org/>). That contrasts with the current process, where people are often discharged without any support once they leave the emergency room.

At the Adult Detention Center (local jail), 70-90% of people suffer from drug, alcohol, gambling addictions or mental health problems. Even the special psychiatric unit in the local jail ends up warehousing people. The CRC is designed to provide treatment to people.

Until the CRC opens, police and emergency services personnel will continue to carry people in need to the emergency room of a local hospital or to a jail. Mental health treatment options in emergency rooms are sparse, since psychiatric

care is not very profitable for hospitals. The CRC will have separate entrances for adults, youth, and police so the populations are not mixed.

Police chiefs have been strong supporters of opening the CRC;’s, because they will allow police officers to transfer patients into the CRC care and return to duty within 10 minutes. Currently, police offices are trapped at the hospitals for hours – often in corridors because rooms are not available - until patients are accepted into some form of medical care or discharged.

The number of overnight beds available for psychiatric care is very



Social Justice Update, Continued

limited. There is only one state treatment center for youth. It is located in Staunton, so transportation can consume a lot of overtime hours.

People dealing with mental health situations are encouraged to ensure personal safety first, then call 988. If there is a physical threat, call 911.

Local police have 40-hour Crisis Intervention Team (CIT) training, including de-escalation techniques, and have successfully talked people out of suicide attempts. Prince William County has six co-responder teams where a therapist from Community Services accompanies police, so situations can be handled by a professional trained to offer mental health services. The co-responder teams are not available 24-7, however.

Outreach efforts by the Health Department and its partners include trying to intercept people who are “frequent flyers” to the emergency room (especially those with addictions). Ideally, providers can get “left of boom” in the timeline and engage in advance of a crisis (“boom”). The county offers training to community groups such as churches, including how to administer Naxalone.

The Prince William chapter of the National Alliance on Mental Illness (NAMI - <https://nami-pw.org/>) is an active partner with VOICE and working closely with government agencies and health care providers. The Youth Wellness Conference (<https://garfieldnami.org/events>) will be May 3, 10:00am-3:00pm at McCoart Administrative Center. If you know of someone who might benefit from better mental health services, check it out.

On May 4, VOICE and NAMI will offer another outreach session to explain how the CRC will transform mental health care locally. The event will be at Trinity Episcopal Church, across Center Street from BRUU, before the 11:00am service.

Want more details, or to be part of the solution? Contact the Social Justice Committee at socialjustice@bruu.org (As a BRUU member, you're already helping to fund VOICE... so pat yourself on the back.)

Youth Wellness Conference

Empower. Educate. Elevate.



Save the Date

When: Saturday, May 3rd

Time: 10 AM - 3 PM

Where: James J. McCoart Building
1 County Complex Ct,
Woodbridge, VA 22192



Why Attend?

- Interactive Workshops: Gain practical skills to manage mental health and wellness.
- Resource Tables: Explore what your community offers to empower YOU.
- Live Connections: Engage with peers and professionals who care about your well-being.

Who's Invited?

High school students ready to learn, grow, and make mental wellness a priority!

How to Register?

Scan the QR Code

Or Visit this link to register today <https://forms.office.com/g/Kx7zmSnWE4>



SCAN TO REGISTER

Spots are limited, secure yours now!

Questions? Get in touch with us!

Wendy Hunt:
whunt@pwcgov.org
(703) 792-3837

Danielle Winkworth:
dwinkworth@pwcgov.org
(571) 202-2715

Join us to Empower. Educate. Elevate.

Your mental health matters—because **YOU** matter.



**Prince
William**

PRINCE WILLIAM
Community Services

BRUU Sangha

Walking Meditation Training & Practice April 3rd

On April 3rd 2025 Ann Deschamps will again teach the BRUU Sangha. Ann will teach on the topic of Walking Meditation, which is a central practice in Buddhism. Walking Meditation embodies mindfulness in motion, blending physical movement with meditative awareness. It is seen as a complement to seated meditation, emphasizing the



cultivation of mindfulness in everyday actions. We focus on the sensations of each step—the lifting, moving, and placing of the feet—anchoring their awareness in the present moment. This practice mirrors Buddhism’s emphasis on the interconnectedness of body and mind, encouraging a deep sense of presence, calm, and clarity. We will explore how to apply this practice to everyday life.

The class & meditations led by Ann will start at 7:00 PM and will be in the Fellowship Hall. Please arrive several minutes before the start time of 7:00 PM. If you have not attended a prior BRUU Sangha gathering, please send an email to Sangha@BRUU.ORG to express your interest in attending and to get necessary information for access to the building.

A dana basket will be there for generosity to the Sangha. Online generosity can be expressed at Zelle using bookkeeper@bruu.org or Paypal using the following link <https://www.paypal.com/paypalme/BullRunUU> . In the memo lines note BRUU Sangha.

The BRUU Sangha is starting the second year of gathering as a community. By practicing meditation in community and growing in understanding of the Dharma, the Sangha wants individuals and the community to awake to their true selves.

If you want additional information, send an email to Sangha@BRUU.ORG.

BRUU Sangha,

Randy Earl

Pastoral Care Team



**Pastoral Care Team
Needs Your Help to
Update our List of
Volunteer Drivers and
Meal Providers!**



Hey Everyone!

We have some exciting opportunities for you to lend a helping hand and spread some joy!

1. Volunteer Drivers Needed: Do you enjoy a good drive and some friendly company? We're looking for volunteers to help with transportation for folks in our community that need a ride to medical appointments, etc. Whether you have a spacious SUV or a cozy sedan, your driving skills can make a big difference!

2. Meal Prep Heroes: Calling all culinary enthusiasts! We need volunteers to provide delicious meals for members of our community. If you can whip up or provide a purchased tasty dish or two, we'd love to have you on board. Your meal delivery could be the highlight of someone's day!

If you're interested in these opportunities, please contact pastoralcare@bruu.org or stop by our table during Sunday's coffee hour. Let's come together and support our community!

Thank you for your kindness and generosity. We can't wait to see what we can achieve together!

Events At & Around BRUU

Canvass Social

Mark your Calendars: Canvass Social April 12th, 5:30-7:30, BRUU Fellowship Hall
- Share your favorite party treat! Please bring 12 servings of either a savory or sweet finger food per attendee. No need to RSVP what you'll be bringing!

Grief & Support Group



Our BRUU non-denominational **Grief and Support Group** offers a welcoming space for individuals facing anything from loss, to mental health challenges, to parenting struggles, or any other difficulties. We provide a supportive environment where participants can share, vent, and connect with others who understand. The group meets in person (with virtual options) and while not a professional counseling setting, the group is led with compassion to ensure all feel heard and respected.

Safe, judgment-free space to share and connect. Open to anyone experiencing personal struggles or loss.

A structured session with a topic for discussion and open dialogue. Focus on mutual support, understanding, and respect. Each session includes a topic provided by the facilitator, followed by open discussion. Participants will leave with reflections or activities to apply in their own lives.

6:30 pm First Mondays of Each Month

BRUU Conference room or zoom available

Contact griefgroup@bruu.org for more information

2nd Sunday Hike - April 13, 2025 - Blooms Park, City of Manassas Park

We will hike about 3 miles, mostly on blacktop paths in wooded, hilly terrain. Blooms Park was a golf course; the walking paths are on the old golf cart paths, but there are some steep climbs as they go up and down the hills.



Registration will allow us to track the number of participants, and notify you if the hike is postponed or cancelled because of weather conditions. [Click here to register](#) and view the start location, or copy/paste the following link: <https://tinyurl.com/e27h4m8s>

Questions? please contact secretary@pwtsc.org



Never-Ending Yard Sale....HAS ARRIVED!!

The Never-Ending Yard Sale is Open for Business and conducted 100% online
Updates for the Never-Ending Yard Sale are posted in Crossroads, Round Up & Facebook.

- Use Auctria to replicate the function of Facebook Market Place
- Donors submit yard sale items, using a form (*similar to Auction donation*)
- Auctria auto-generates Yard Sale Catalog (100% Online)
- Items remain with donor, buyers coordinate pick up w/donor
- Set Up & Tear Down Fellowship Hall is not involved
- Accounts are settled via Auctria...all proceeds routed to BRUU

Check the website frequently to see what is available!

<https://auctria.events/BRUUOnlineYardSale>

Yard Sale Categories:

- 1 Mens Clothes & Accessories
- 2 Womens Clothes & Accessories
- 3 Kids Clothing & Toys
- 4 Kitchen
- 5 Décor
- 6 Furniture
- 7 Electronics
- 8 Appliances
- 9 Instruments
- 10 Tools
- 11 Yard & Garden
- 12 Books
- 13 Arts & Crafts
- 14 Sports & Hobbies
- 15 Music & Movies
- 16 Pet Supply
- 17 Jewelry

Start
Submitting
Yard Sale
Items!!

BRUU Midweek Coffee Hour - 10am Wednesdays



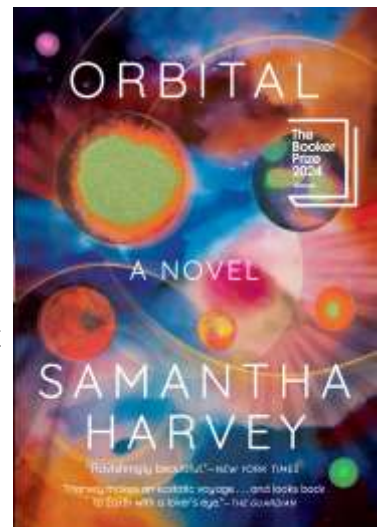
- Visit with old friends and make new ones
- Share your joys, concerns and insights
- Discuss serious topics and not so serious ones.
- Start your day off with a smile and a laugh or two!

10am-11:30am every Wednesday on Zoom. Feel free to drop in at any time. Contact Gordon Ward for links at wardge@icloud.com.

Join the BRUU Book Group!

Our next book club meeting will be on Monday, March 17th at 3:30. We will be discussing "Orbital" by Samantha Harvey.

New members welcome, including people who are not members of BRUU. To get the Zoom invitation, contact us at bookgroup@bruu.org.



Pastoral Care



One of our strengths as a congregation is how we care for one another.

Please reach out to us at pastoralcare@bruu.org and let us know if there is a need within our community, so that we may coordinate with caring volunteers within BRUU.



Chrysalis Concert Series

FRICTION FARM – 10/12/2024

Friction Farm combines storytelling, social commentary, and humor to create songs of everyday life, local heroes, and quirky observations.



NOTHIN' FANCY – 12/7/2024

After 30 years together, Nothin' Fancy continues to grow in popularity performing at festivals all across the United States, Canada, and Norway.



LARA HERSCOVITCH – 2/1/2025

Lara's songs are soulful, poetic treasure maps that point to the wisdom, grit and joy of underdogs & misfits, connection & courage, love & loss, hardship & hope, resilience & transformation.

JILLIAN MATUNDAN – 3/15/2025

Jillian Matundan is a unique singer-songwriter and multi-instrumentalist who continues to win over audiences with her warm, resonant vocals. Her songs tell stories that are relatable, while her unique guitar-style, and inviting stage presence draws her audience into every performance.



KRAY VAN KIRK – 4/26/2025

A fine finger-style guitarist with a precise baritone, Kray Van Kirk has a Ph.D. from the University of Alaska, but he set science aside to write songs, tell stories and summon heroes.

KIYA HEARTWOOD – 6/28/2025

Kiya Heartwood is a modern-day American troubadour. She scours the nooks and crannies of history to find interesting tales of romance, injustice, danger and death. It's a simple show but it packs a powerful punch.



SAM ROBBINS – 10/17/2025

Often described as an "old soul singer songwriter," Sam is a Boston-based musician whose music evokes classic 70's singer songwriters like James Taylor and Neil Young, adding a modern, upbeat edge to the storyteller troubadour persona.



See Something? Report It!



Notice anything in or around the BRUU building that needs maintenance or repair?
Please report it by using this link:

www.bruu.org/www2/building-repair-request-form

This will provide a quick opportunity for you to contact the Building & Grounds folks and alert them to the situation that needs attention.

Deadlines



To better serve the BRUU community, late submissions for BRUU publications **will not be accepted**, except in extreme circumstances. Please note the following deadlines for BRUU publications:

Round-Up: 11:59pm on Tuesday night

Crossroads: 11:59pm on the 24th of the month

Order of Service items (incl. announcements on the back): 11:59pm on Wednesday night

Items received after these deadlines **will not be included**, except in extreme circumstances.

Please contact office@bruu.org or president@bruu.org with any concerns.
Thank you for your understanding and cooperation in this matter.

From the Treasurer's Office

Links for donating to BRUU



BRUU can receive online charitable donations via Zelle, Stripe or Paypal. You can use these services for your pledge payment (supporting our operational expenses), food pantry or community assistance donations, capital fund contributions, Sunday and split-the-plate, or any of our special collections and fundraisers. When donating online, you may use the comments section to specify your designation.

If you have questions or concerns just send us a note. Thanks!

Terrie McClure, Treasurer,

treasurer@bruu.org

Robin Fegeas et al, Bookkeepers,

bookkeeper@bruu.org

BRUU

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BRUU Board of Directors

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Sexton

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BRUU OFFICE HOURS

M-F 10:00 am – 2:00 pm