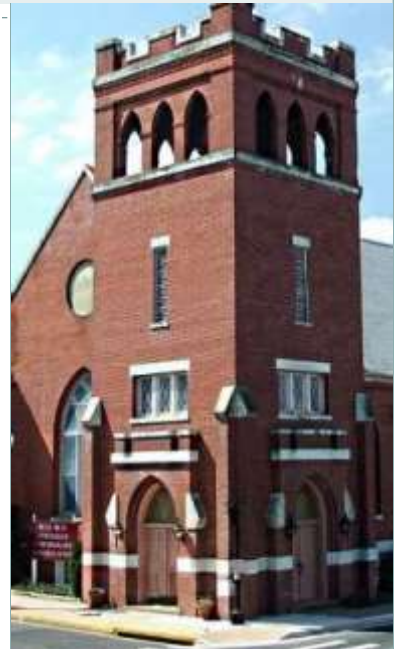




BULL RUN
UNITARIAN UNIVERSALISTS

May 2025
Volume 43, Issue 5

Crossroads



*Flowers are splashing bright hues all around our courtyard—
and soon tie-dye will, too! Check out the **Community Tie-Dye
Party** article to find out more.*

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The monthly BRUU Newsletter

May Services

May 4: “Know Thy Future Self for a Better Now” (*Jerome & Jessica Hruska*) - Spring is graduation season, but not just for kids. We should all be working toward evolving from our present self to our future self. It’s called “self-continuation” and it leads to mental and emotional health benefits, no matter what age you are. We’ll look at how we can incorporate self-continuation into our own lives.

May 11: “Bridging Service” (MG) (*Kristin Worthington. DLRE*)

May 18: “Wrong!” (*Pat Malarkey*) - “Wrong!” It’s inspired by Neal Stephenson’s first essay on the topic that has to do with how – and why – we transition from doubt to belief. I’ll be weaving in some UU theology by way of Theodor Parker’s “On the Transient and Permanent in Christianity.” Sometimes, doubt isn’t a bad thing!

May 25: "Healthy Plants / Healthy Planet" (*Susan Leopold*) - Understanding the conservation challenges of our native medicinal plants of Appalachia that are the source of a six billion natural products industry in the US alone. United Plant Savers, a non-profit with over 30 years of service to giving a voice to native medicinal plants in trade.

From the President's Desk

Angie Carrera, President, Board of Directors

Spring has finally sprung, and with it, the dazzling blooms of our collective efforts are beginning to show! BRUU members and friends have been buzzing with activity, and we can hardly wait for your enthusiastic participation in the exciting programs and events we have lined up.

The Worship Committee has been tirelessly working on crafting a dynamic calendar for Sunday Services for the new church year. Our Religious Education team is concocting an array of intriguing and enjoyable programs for both children and adults. The newly minted Right Relations Team is gearing up for an eagerly anticipated launch in September. And our Membership Committee is making our welcoming process even more inviting for new and prospective members. Meanwhile, the Board is enthusiastically preparing for our upcoming ministerial search.

A heartfelt thanks goes out to our devoted Committee and Team members and leaders, especially those who labor behind the scenes, like the RE Council and First Friday volunteers, the Garden Team, the Sunday Service Kitchen Krewe, and our diligent bookkeepers and finance volunteers. Let's also give a shout-out to the Pastoral Care Team, whose compassionate support ensures we're there for each other during life's challenging moments.

Spring has ushered in more than just May flowers; it has blessed us with a dedicated Stewardship Team whose canvass resulted in pledges totaling \$322,400 by the April 5 deadline. Basing our budget on the support of the congregation, the Board is prepared to present a final proposed budget at the May Town Hall for your consideration. We remain committed to supporting our mission and priorities in the coming fiscal year while staying in budget.

Attending the May Town Hall will equip our members with the crucial information needed to make informed decisions at the Congregational Meeting on Sunday, June 2. This pivotal meeting will ask for your vote on candidates for

From the President's Desk, Continued

vacant board seats and tackle important issues and challenges that lie ahead in the coming fiscal year.

It is your presence and participation that infuses BRUU with vibrancy and inclusivity, but it is your vote at the Congregational Meeting that propels us toward our cherished goals. Your voice is vital, and together, we ensure that BRUU continues to shine as a place of hope, unity, and purpose.

I remain in service with you for our beloved community,

Angie Carrera-Earl, President

BRUU Board of Directors

Board Matters

Angie Carrera, President, Board of Directors

This scheduled meeting was held on April 17 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 unanimously approved the March meeting minutes and the Consent Agenda including the following reports (President, Membership, Staff Coordinator, Program Council, DLRE, Office Budget). Please see the BRUUnet KnowledgeBase for Board Meeting minutes, as well as attachments in support of the agenda and/or the reports.

- The Treasurer provided a 3rd Qtr review and reported that BRUU has spent approximately 80% of what has been budgeted and therefore expenditures are on track.
- The Staff Coordinator (Angie) informed the Board that the recent evaluations of the DLRE, Music Director and Office administrator showed that these staff members stepped up with exemplary performances during a most difficult year and exhibited great teamwork. They deserve our appreciation and a compensatory raise. The more recently hired part-time Sexton's evaluation is in progress and a salary decision will be included in the budget.
- In discussing the staff performance in relation to the Budget, the Board agreed that some cuts and the guidance from the Finance Committee, the Board decided to reduce expenditures in some areas in order to provide the three staff members (DLRE, Music Director and Office Administrator) with a raise that includes a COLA (cost of living) increase recommended by the UUA.
- The Nominating Committee Members has submitted the list of candidates for Board vacancies and Endowment Committee and these have been approved by the Board and will be presented for a vote at the June Congregational Meeting.

Board Matters, Continued

- The Board mandated that it will select five BRUU members to serve on the Ministerial Search Team and it shall represent the diversity of our congregation with input from other members. A staff member will be included in the selection process once final candidates are chosen.
- The Board prepared the Agenda for the May Town Hall along with a Roundup reminder. It will also issue an announcement of the June 1 Congregational Meeting by the deadline designated per BRUU Bylaws, reminding members of eligibility requirements to vote.
- Member-at-large John Sunda will check with the contractors regarding the platform lift to address some remaining questions about the amount of work for which BRUU is responsible. The contractor will do an assessment and provide a total budget. A member will be working on a proposal to the Endowment Fund for funding. We can expect a 6-month wait once the contract is signed until work begins.

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.

BRUU Annual Congregational Meeting

OFFICIAL NOTICE OF BRUU ANNUAL MEETING, June 1, 2025

NOTICE IS HEREBY GIVEN that the annual meeting of the members of the Bull Run Unitarian Universalists has been called by the Board of Directors and will be held at 9350 Main St., Manassas, VA 20109 on June 1, 2025, at 11:30 am in the Sanctuary. In order to conduct business, it is necessary to obtain a quorum (defined in the Bylaws as 30% of members who have signed the Membership Book at least 30 days prior to the meeting). If a member will not be attending the annual meeting, that member can provide a completed and signed proxy to the Board Secretary 72 hours prior to the meeting. Please be prompt so that a quorum can be counted and established. Childcare will be provided. We are asking that attendees print their own materials; a link to the documents will be provided on the BRUUnet home page. Copies are also available at the BRUU office. Annual Reports are not included in these materials, but will be communicated separately and will be available in advance of the Annual Meeting. Members are requested to share this notice with family members who are also BRUU members.

Respectfully submitted,

Sandra Fox

Secretary, BRUU Board of Directors

May 1, 2025

ALE Monday



MAY ALE NIGHT
Monday, May 19th
Workshops begin at 6:00 pm
Kabob Dinner at 7:00 pm

Gentle Yoga
with Bridgett Wilson

Kids YogaDance
with Greenley

REGISTRATION IS FREE - BUT REQUIRED
Use QR Code to the left OR link below:

https://form.jotform.com/Kristin_Worthington/ale-fellowship-dinner

TIME CHANGE
for May Only

https://form.jotform.com/Kristin_Worthington/ale-fellowship-dinner

ALE Events

New Biblical Discussion Group
MAY 4, SUNDAY, 9:00 AM in the Flamingo Lounge

The Bible is a mix of
MYTH – LEGEND -- & -- REAL HISTORY
So . . . which parts are real?



We're taught the Bible is the True Word of God, perfect as is. So is it all "fact"? Hardly!! Come join Martin Crim, leader, and other curious seekers on Sunday, May 4, an hour before the regular Sunday service as we discuss this fascinating question about the written source of today's Jewish and Christian religions.



We meet every 1st Sunday at 9:00.



ALE Events, Continued



GENTLE YOGA

Mondays 6:30 - 7:30 pm in The Studio at BRUU

May 12

May 19 - ALE (begins at 6:00 pm)

June 9

June 23



Improve flexibility, strength

Reduce stress and anxiety

Enhance mindfulness and focus

Bridgett Wilson is a Yoga Alliance RYT-200 yoga teacher. She was trained in the Ashtanga yoga lineage that traces from Pattahbi Jois and David Williams to Jonny Kest and his LifePower yoga teacher training program through Life Time. She specializes in Gentle, Hatha, and Vinyasa classes in both her teachings and personal practice. A new member of BRUU, Bridgett lives in Old Town Manassas with her husband.

In her class, expect a gentle flow with progressive sequencing. Suitable for all levels!

Registration is FREE but Required!



<https://form.jotform.com/251187426556059>

ALE Events, Continued

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.

Eating as a Spiritual Practice

Join Kaylee Rachford and Nina Lomax for a special summer ALE. Becky, of Becky's Pixie Kitchen, will demonstrate how to cook a plant-forward meal and provide information on seasonal eating. Kaylee will share her personal journey, Nina will present the UUA Statement of Conscience on Ethical Eating and a sermon by Lóre Stevens on Food Faith as we share a sumptuous meal. RSVP required by June 9 to mindfuleating@bruu.org .

BRUU Sangha

Mindful Listening – Reaction vs. Response

Buddhism emphasizes mindful listening as a practice tied to compassion, awareness, and wisdom. This concept is woven through Buddhist teachings and practices, connecting it to mindfulness, ethical conduct, and inner transformation. By practicing mindful listening, one aligns with the Buddhist ideals of presence, compassion, and wisdom, deepening connections with others and fostering inner peace. We will practice mindful listening with partners and explore the best way to respond rather than react.



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

Community Tie-Dye Party

Splash Some Color & Care onto Our Community



Get ready to get creative and go green! We're ditching the disposable plastic and bringing beautiful, reusable cloth tablecloths to our Fellowship gatherings.

To make them truly ours, we're hosting a Community Tie-Dye Party right here in the courtyard! We've got the cotton cloths ready – you bring your enthusiasm (and maybe wear some older clothes!). We'll be swirling and dyeing them in gorgeous seasonal colors that will brighten our space and cleverly hide any spills.

Join us to:

- Unleash your inner artist!
- Connect with fellow UUs in a fun, hands-on activity.
- Help make our Fellowship more sustainable and beautiful.

Keep the Color Going: We'll also need ongoing help from "Laundry Angels" to take the cloths home for washing after events. It's a simple act of care that keeps our community vibrant and eco-friendly! Come share in the joy of making our space more sustainable and colorful, hand-in-hand.

Events At & Around BRUU

2nd Sunday Hike - May 11, 2025 - Leesylvania State Park

We will enter the park on the west side, from Radcliffe Lane in the Port Potomac community (in Woodbridge VA). The hike will be about 3.4 miles on natural surface trails with some hills. We'll visit the overlooks above Powell's Creek and walk the Potomac Heritage National Scenic Trail route within the park.

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



Evensong

Evensong Service—Friday, May 16th at Accotink UU

Evensong service at Accotink UU. Music featuring combined BRUU & Accotink choirs and musicians. Reception to follow.



ACCOTINK UNITARIAN UNIVERSALIST CHURCH

Care in community. Grow in spirit. Act for justice.

**10125 Lakehaven Ct.
Burke, VA 22015.**



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

The Never-Ending Yard Sale will be hosted by Auctria and conducted 100% online.

The "Pilot Project" starts now, and the website is ready to accept yard sale donations.

Updates for the Never-Ending Yard Sale will be posted in Crossroads, Round Up & Facebook.

Now is a good time to start thinking about the items you can donate!

Concept:

- 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!!**

<https://auctria.events/BRUUOnlineYardSale>

BRUU Midweek Coffee Hour - 10am Wednesdays



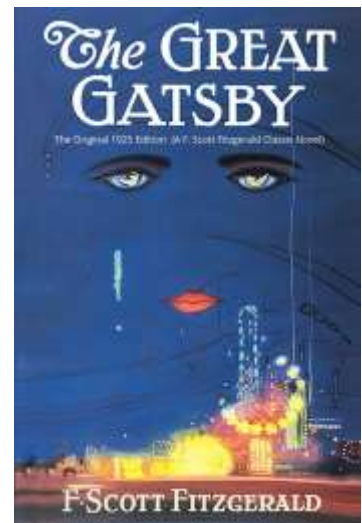
- Visit with old friends and make new ones
- Share your joys, concerns and insights
- Discuss serious topics and not so serious ones.
- Start your day off with a smile and a laugh or two!

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

Join the BRUU Book Group!

Our next book club meeting will be on Monday, May 19th at 3:30. We will be discussing "The Great Gatsby" by F. Scott Fitzgerald.

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.

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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Manassas, VA 20110-5150
703-361-6269

BRUU Board of Directors

President

Angie Carrera-Earl (2023-25)
president@bruu.org

Vice President

Josh Rachford (2024-26)
vicepresident@bruu.org

Secretary

Sandra Fox (2024-26)
secretary@bruu.org

Treasurer

Terrie McClure
treasurer@bruu.org

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Michelle Fegeas-Foster (2024-26)
John Sunda (2023-25)
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Youth Director

Sashka Visnevski (2025)
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Art Muirhead (2023-25)
programcouncil@bruu.org

BRUU STAFF

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Sexton

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BRUU OFFICE HOURS

M-F 10:00 am – 2:00 pm