



BULL RUN
UNITARIAN UNIVERSALISTS

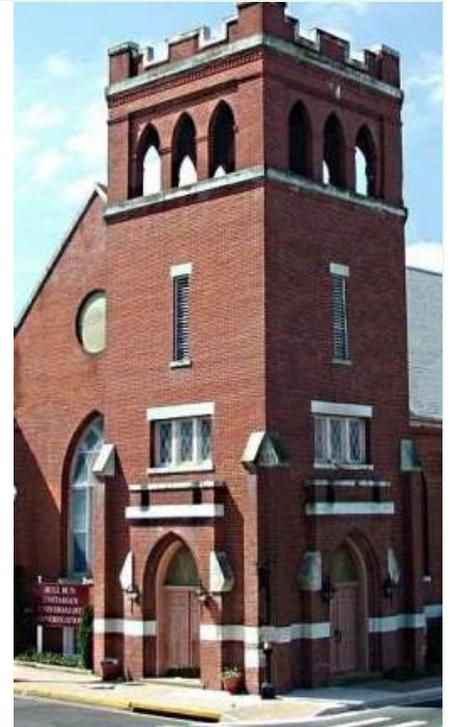
March 2026
Volume 44, Issue 3

Crossroads



When is an ending not an ending? How is transformation like a spiral? How does mindfulness interact with money? Join us as we explore, reflect, and seek together at BRUU.

The monthly BRUU Newsletter



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March Services

March 1: The Dharma of Money (Heather Berthold)

An exploration of Buddhist principles in relation to our personal experiences with wealth and generosity.

March 8: This is Not the End (Rev. David Brown)

Endings can have powerful meanings and emotions, and yet endings are also just concepts within our own mind. When is an ending not an ending? Come explore.

March 15: i thank you God for most this amazing (Rev. Kimberley Debus)

As winter gives way to spring, we consider what it means to see ourselves in the interdependent web. What does this connection call us toward?

March 22: Renewal in the Garden: A Vernal Equinox Celebration (CUUPS)

We are entering a time of rebirth and renewal. In this service we will explore the topics of familial bonds and community while celebrating the coming of spring. Please bring a trimming or sprig of a plant from your garden as an offering to celebrate our community as a beautiful garden!

March 29: Social Justice Sunday (Kristin Worthington, DLRE)

From the President's Desk

Josh Rachford, President, BRUU Board of Directors

We are in a transitional time. In a sense, we always are; change and the passing of time go hand in hand, and time's march is unstoppable. Just as soon as a season peaks, it's beginning to transition to the next. As individuals, we are always becoming, and the same is true for BRUU.

But it's especially transitional lately. To some, the period between our previous minister and our aspiration for a future minister feels incredibly long. To others, they may still be processing pain from our previous minister's departure and the thought of a new one feels intimidating. Either way, we are squarely between. The Finance Committee hammered out a draft aspirational budget to inform this year's Stewardship campaign. In a few months we'll be having our annual meeting. We aren't exactly wandering in the desert, but I wouldn't say we are enjoying milk and honey either.

So I have two calls to action for you. First, give grace and gratitude. Our staff and volunteers have been working hard – in the case of our DLRE, Kristin, for a decade! – and I ask that we extend the doers, the sleeves-rolled-uppers, the coffee makers and the greeters and the ushers and the committee members and the committee chairs and the gardeners and the workday-ers and the RE teachers and the dozens and dozens of wonderful, brilliant people putting their effort into this community the in our congregation, I ask that we give them some slack accompanied with a hearty thank you. That we give them high fives and we chill out and tolerate some imperfection and some mess. Have you seen those “pardon our dust” signs at construction sites? Well, there's dust and please pardon it.

Second, I ask that we focus more and more of our energy outward into the community. In my experience, sitting on the couch thinking and overthinking helps me much less than getting outside for a run or doing a favor for a neighbor. An organization can be much the same: while reflection and considering how we operate and could do it

President's Desk, continued

better are valuable and important, sometimes banding together for projects in the community beyond our walls is the way to breathe new life in and let old aches out. I'm not proposing anything new per se – though if you read the previous paragraph and were filled with energy to do something, by all means, do it! I'm proposing that you look at where we already touch the world outside of BRUU and put some oomph into that. Maybe you invite a friend to ALE (or the concert series or a service or anything). Maybe you try volunteering with the Food Pantry. Maybe you participate in VOICE.

Thank you for reading, thank you for being here, and may we live into our mantra: a safe community for seeking and service.



Transformation.

Kristin Worthington, Director of Lifespan Religious Education

“We adapt to the changing world. We covenant to collectively transform and grow spiritually and ethically. Openness to change is fundamental to our Unitarian and Universalist heritages, never complete and never perfect.”

This is the text to our Unitarian Universalist Shared Value, Transformation. We adapt; we promise to try our best to grow. Change and growth occurs in an individual, a group or organization, and even in the sphere of our world, our culture.

A few of us met at February’s Adult Life Enrichment (ALE) Night and discussed how we might set out to do this intentionally, and we looked at Alchemy – turning lead into gold! as our learning structure. Alchemy has seven specific stages to transformation, which I’ll allow you to google, or talk to me more in person when you are interested. In essence, we start in a “Dark Night,” the recognition that something isn’t right. It may be a pattern of behavior, a moral belief, or noticing that the way you are doing things isn’t bringing the desired result. The Work of turning that lead into gold involves dissolving harmful attachments, letting go and releasing control. Katrina Messenger calls this “polishing the jewel,” and it may feel exactly like being tumbled by life. You may be required to release a version of you that has been very comfortable for a very long time. The middle of transformation brings us to a Purification. After we have released what isn’t working for us, we begin to notice new thoughts and behaviors that are ultimately healthier for us as individuals and for our society at large. We may view things from a new lens of compassion, inclusion. The final stage is Integration. This is where we incorporate our “new” point of view into our daily lives. We do this by practicing. And I mean practicing. As with any new thing, we must again give ourselves the grace to try it and fail; to expect messiness as we play different roles in our own lives and those of others. Practice and continue polishing. One day, you will notice the gold.

You are doing it when you transform pain into wisdom, trauma into strength, fear into courage, anger into boundaries.

It’s important to note that the most important piece of transformation is the willingness to change. To being open to noticing when a change may be necessary. Whether it’s for your own health, or for those whom you impact. A fantastic “Alchemy for Beginners” website describes a few common errors that often arise: 1. Skipping the Dark

Transformation, continued

Night portion. You can't transform what you won't face. 2. Declaring "I'm already gold!" Nope, you're avoiding the work. And 3. Rushing the process. Transformation takes time. A long time. Be patient with yourself and others. Remember that messing it up is just getting more information. Ponder the lesson and keep trying.

As Rev. Dr. Sheri Prud'homme described, "In a spiral-like fashion that is never perfect and never finished, we pay attention and learn from experience; reflect on it religiously – supported by engagement in religious community; respond and act in the world; and repeat the cycle. Our religious communities at their best are places where we grow our capacities to be with experience in all its complexity and paradox, to listen deeply to one another, to allow ourselves to be seen and held in love, and to respond creatively and collectively."

Watch Round Up for suggestions on how to practice Transformation in your own real life.



BRUU Sangha

Randy Earl

Turning Inward for Peace & Calm So We Can Stand Steady In The Outside World

Do you feel like the world is so erratic and negative that you want to practice avoidance rather than that engagement? Do you want a remedy for those feelings? The two teachers for the BRUU Sangha, Ann & Anna were challenged to provide a remedy for us.

Ann & Anna are sharing their suggestion of looking at the Four Pillars of Mindfulness. They will point to the fact that our *dis-ease* is not caused by external events but rather from how we react to these external events.

The Four Foundations of Mindfulness aren't meant to help us escape a chaotic world — they train us to stand steady inside it. When news cycles feel loud, social climates feel tense, or life seems unpredictable, these practices give you four different “anchors” so you respond with clarity instead of reactivity.

In February we studied Mindfulness of the Body. In March Ann & Anna will help us with Mindfulness of Feelings. This will help us become aware of basic feeling tones of pleasant, unpleasant and neutral. This helps us cultivate emotional literacy and freedom from automatic reactions that may cause more *dis-ease*.

Ann & Anna teach at BRUU on the first and third Thursday of each month, at 7:00 PM. You are welcome to join us. If you have more question email SANGHA@BRUU.ORG



Want to "Green Up" Prince William? Time to Speak Up...

Charlie Grymes, BRUU Green Team

Prince William County's proposed FY27 budget includes increasing funding for parks and trails – but the increase for trails funding to \$5 million/year lasts only for FY27. The next year, it drops back to \$1 million/year.

Steady, reliable funding every year is necessary for county staff to build the 300 miles of bike routes and walking trails that are already planned but unbuilt. With sidewalks costing as much as \$15 million/mile, the \$5 million/year will barely get us started on the "low hanging fruit" trail projects... but it's a start.

If you want funding to be steady at \$5 million/year, right now is the time to send an e-mail with your "ask" to bocs@pwcgov.org

If enough people invest 5 minutes to say in a few sentences why they support creating a connected network of bike and walking trails, our county officials will actually pay attention.

You can talk with members of the BRUU Green Team to get more details. There's also more background at gpwtrails.org and <https://www.pwcva.gov/department/parks-recreation-tourism/countywide-trails-master-plan>



The Pastoral Care Team is here to listen

BRUU Pastoral Care Team

If you don't get a chance to express your joy or sorrow at the end of a service, or don't feel comfortable speaking to a big audience, and have something you need to tell someone or talk about, the Pastoral Care Team is here for you. Not only do we send cards, visit people in the hospital, find rides for those who need transportation, and much more. We also listen. See us at the Pastoral Care table during coffee hour in the fellowship hall where cards are being signed. We don't do therapy, but we are good listeners and care about what's on your mind and in your heart. We are: Jan Mosso, Jennifer Porter, Karen Sharp, Rick Sharp, Patty Sheffield, Susan Sinclair, and Becks Sosa.



Events At & Around BRUU

TANZA

The BRUU songwriter working group is being reimagined.....

 TANZA is a creative collective that will meet at BRUU every month. Stanza is for songwriters, poets, and storytellers who believe in the power of words to connect, heal, inspire and entertain.

Whether you're scribbling lyrics on napkins, crafting poems in the margins of your journal, or spinning tales that deserve to be heard, this is your space.

We're not here to impress—we're here to express. We celebrate raw creativity, honest emotion, and the courage to share. This is an opportunity to share your work, get feedback and help others hone their writing skills.

Join us on the 1st Sunday of every month in the Music Room (11:30-1:00).

BRUU's Biblical Discussion Group

MARCH 1—SUNDAY—9:00 AM—Flamingo Lounge

Why Does the Bible Have Only Four Gospels?

Why not all of them?

This month's discussion is Part 2 of our exploration of the four gospels (Matthew, Mark, Luke, John). How did they come to be written and why were these four chosen for the New Testament out of many gospels? Martin Crim will lead.

**Come join the
discussion!**



**And bring
your questions!**



Second Sunday Hike on March 8 (1:00-3:00pm)

We will explore the parcel acquired by the American Battlefield Trust for addition in the future to Prince William County's Bristoe Station Heritage Battlefield Park. The parcel is not normally open for public visits, but we made special arrangements.

The hike will be led by a staff member of the PWC Parks Department Historic Preservation Division. We'll be walking through fields and woods, and see views of Broad Run and the ponds at the site. Trails have not yet been established, but it's pretty flat. Well-behaved dogs on leash are welcome.

Please register at <https://tinyurl.com/e27h4m8s>



BRUU Midweek Coffee Hour - 10am Wednesdays

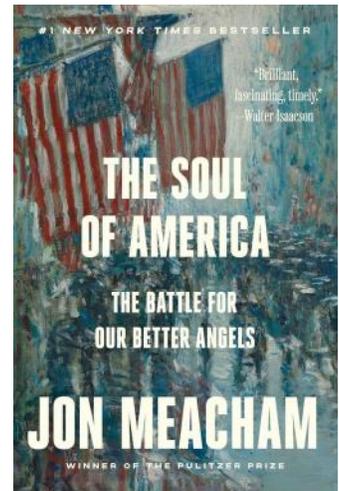


- Visit with old friends and make new ones
- Share your joys, concerns and insights
- Discuss serious topics and not so serious ones.
- Start your day off with a smile and a laugh or two!

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!

We will be discussing "The Soul of America" by Jon Meacham, On Monday, March 16th at 3:30. New members are welcome. Discussion can still be stimulating even if life got in the way and someone has not read much of the book. To get the Zoom link, 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 at BRUU

October 2025-September 2026 season



Sam Robbins - 10/17/2025

Transport yourself back to the golden era of singer-songwriters with the soulful tunes of Sam Robbins. Hailing from Boston, Sam's music draws inspiration from legends like James Taylor and Neil Young, blending timeless melodies with a contemporary twist that will captivate your heart.



<https://samrobbinsmusic.com/>

Nothin' Fancy - 12/6/2025

Experience the magic of a live performance by Nothin' Fancy in the heart of Manassas! Join us for an unforgettable evening filled with soul-warming Bluegrass music that will leave you feeling uplifted and inspired. This is an opportunity to witness the phenomenal talent of a beloved band that has captured the hearts of audiences everywhere. Don't miss your chance to be swept away by the incredible sounds of Nothin' Fancy - it's an experience you'll remember long after the final note fades away.



<https://www.nothinfancybluegrass.com/>



Greg Greenway - 1/10/2026

Greg is a cherished performer in many UU communities, and especially at BRUU. His talents defy categorization as he seamlessly blends musical genres and shares poignant insights on global events. Greg's performances serve as a reminder that we are all interconnected as citizens of the world. Come be inspired to embrace our ability to effect change. Don't miss this extraordinary opportunity to experience his artistry once again.

<https://www.greggreenway.com/>

Amy Space - 2/27/2026

Get ready for an enchanting musical experience with the talented Amy Space. Known for her soul-stirring lyrics and captivating performances, Amy's music has the power to take you on a transformative journey. With heartfelt songs that resonate deeply, Amy Space's live performance promises an unforgettable evening filled with beauty and emotion.



<https://www.amyspace.com/>

Joe Jencks - 4/10/2026

Spend an evening with award-winning musician Joe Jencks, a favorite performer in many UU communities. Joe was the opening performer for the Chrysalis Concert Series back in April 2023 and we're delighted he's coming back to see us again. Joe's profound music is sure to leave a lasting impact offering a night filled with beautiful melodies, social consciousness, and spiritual exploration.



<https://joejencks.com/>

Billy Jonas - 5/23/2026

Join Billy Jonas on a musical journey that began around a campfire in 1972 and has since blossomed into a profound experience of connectedness and musical camaraderie. Through his soul-stirring vocals, mesmerizing guitar skills, and innovative use of industrial re-percussion, he creates an unforgettable performance that resonates with audiences of all ages. Don't miss this opportunity to be part of the Bucket Brigade and immerse yourself in the beauty of live music that touches the soul and brings people together in harmony.



<https://www.billyjonas.com/>



Circle of Toads - 8/15/2026

Embark on a fun musical ride with Circle of Toads - a favorite BRUU band that brings together a unique and diverse mix of talents. Dave, Bill, Kel, and Mike have been playing together since 2023, combining their individual musical backgrounds to create a one-of-a-kind sound that resonates with audiences all around Manassas. Experience an eclectic blend of folk, rock, and original pieces that are sure to captivate your senses. A great way to wrap up the summer.

<https://www.facebook.com/p/Circle-of-Toads-61565700088114/>



Chris Haddox - 9/15/2026

Help us welcome this talented artist from West Virginia. With heartfelt lyrics and soulful melodies, his performances are a blend of tradition and contemporary flair that captivate audiences of all ages. Prepare to be taken on a rollercoaster of emotions as each song is a testament to Haddox's ability to weave intricate yet relatable stories that resonate deep within the soul. Join in on the experience and let the music speak to you in ways you never imagined.

<https://www.chrishaddoxmusic.com/>

Get your tickets here:



**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!

Heather Berthold, Treasurer,

treasurer@bruu.org

Robin Fegeas et al, Bookkeepers,

bookkeeper@bruu.org

BRUU

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BRUU OFFICE HOURS

M-F 10:00 am – 2:00 pm
2nd and 4th Tuesdays 12:00 pm-2:00 pm