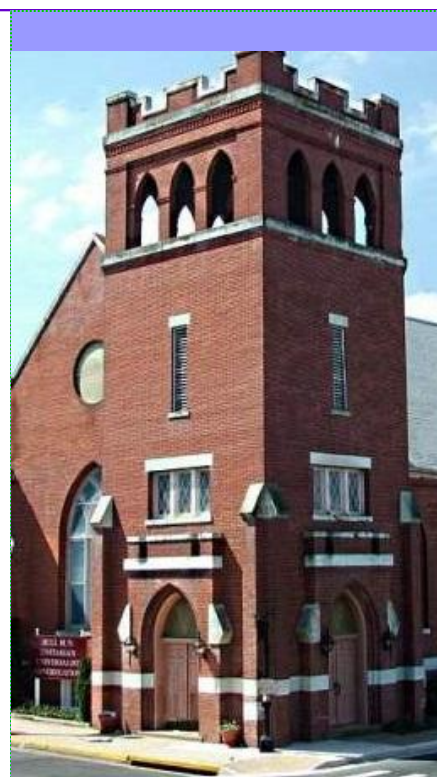




BULL RUN
UNITARIAN UNIVERSALISTS

August 2026
Volume 44, Issue 8

Crossroads



INSIDE THIS ISSUE

Message from the President

A Fresh BRUU of Hope

August Services

Welcome New Board

Green Up Prince William and
Manassas

Choir Invitation

Staff Spotlight

Events At & Around BRUU

Chrysalis Concert Series



The Monthly BRUU Newsletter



Message from the President

On the Path

When I first found my house on Doves Lane, Ginger, my golden retriever, and I would venture on walks straight back into the woods not knowing the scope of the land. Sometimes as I headed in I'd get fearful that I'd get lost and turn around and retreat. Other times I'd forge further into the unknown all confident and get comforted by nature and the beauty. This was my new backyard!

Eventually, I found a path that led me to the river. Day by day, I got to know all the paths, the tree with the hollow, the tall grass, the streams to cross and have since in my 24 years here have shared the adventure with many. My path to Unitarian Universalism and the Bull Run UUs was similar. Having moved to Virginia from New York, in 1989, I was elated to park in a lot full of liberal bumper stickers. Growing up Jewish, it was a stretch for me to walk in a building that is a church.

My first steps in, taken with trepidation, I was handed the current newsletter which the minister, half Jewish and from New York as well, quoted the Grateful Dead, "what a long strange trip it's been"! I walked in and never left. Like the vastness of the woods, little by little I got to take a few steps deeper, sometimes retreating from the commitment but then enjoying thoroughly the path to a new sense of belonging.

As the membership director and having the privilege of getting to know our visitors, I feel their same apprehension. Volunteering in the kids' education, I learned the history, principles, identity of UUism. It fits the values I live by every day. Well now, as president I am learning, every root, every branch, every tree that makes BRUU happen. I'm really in deep. Sometimes I get a pit in my stomach and sometimes I'm elated to know that I can make things happen for the good of my community. Yesterday, I had the privilege of walking Sky, Jon Kostik's wonderful golden. It was hot and we're older now. I missed the short cut off. Again, the feeling of I've gone too far, too deep. Who do I see in front of me? My neighbor Cate, who had visited BRUU with her three kids a couple of years ago. I had the opportunity to share about our new potential director of learning and education and the party I am hosting (Aug.22 at 3) to invite back visitors with kids from the past couple of years.

She pointed out the shortcut . A UU miracle! I was happy, safe, and full of love and appreciation. It's going to be a great year with our new minister and wonderful staff! Can I help you feel the connection?

Love, Nina



A Fresh BRUU of Hope



By Rev. David Brown

Here we are at the beginning of a new school year. It can be fear filled (“will my kid adjust to the change?”) It can be hope filled (“Will my kid bloom in new areas?”) Will past issues resolve themselves with time or will we be fighting the same old battles of control once again?

I remember well when my kids would start a new school year. We sent our kids to a private school. We didn’t want them to be exposed to all the “evil” of the world just yet. I was terrified of what might happen if we sent our kids to “public schools.” I see this same fear in every parent I talk to – every parent who wants what is best for their children. As a parent, you feel it is your responsibility to protect your child – to make sure they have the maturity and the resources to handle the complexities of life. We fervently believe it is OUR job to make things go well for our kids.

Unfortunately, this is not how life works. Yes, we should do everything we can to help our children, but the bottom line is, we have essentially no control over whether that happens. It is only an illusion that we can protect our kids; that we can ensure that nothing bad ever happens to them.

It’s not easy to admit that what our kids need is the freedom to fail. There is no learning without failure. None. No exception. If we want our kids to be well-adjusted adults – we have to let them fail. Yes, we can help. Yes, we can advise. But the bottom line is – our kids have to figure things out for themselves. We “believe” we know what is best for them. But the truth is – we don’t have a clue. We don’t. When was the last time you predicted the future and it actually occurred the way you predicted?

Life knows what it is doing in its evolutionary processes. We are late comers to the job. We don’t have a clue – but we have self awareness, so we BELIEVE we know what’s best.

So, this school year – why not let go, just a little, of the control you think you have. Why not trust the universe – trust evolution – trust your child – to find the right path?

Of course this advice applies to so much more than kids starting school.



August Services

August 2 Joy Questing: A Tie Dye Sunday

Rev. Caitlin Cotter-Coillberg

This Sunday we invite you to seek through your closet for your brightest happiest clothes for this special Tie Dye Sunday Service! We look forward to seeing you in your tie-dye splendor for this summer service about Questing for Joy. Join Rev. Caitlin Cotter Coillberg, for a service about finding our way to joy together and as individuals.

August 9 "A Unitarian and a Universalist walk into a bar..."

Rev. David Brown

The history of Unitarian Universalists - from Puritan to Progressives! Let's talk about how these two groups grew together. Though having very different theologies and temperaments, they found a common cause.

August 16 Be Ours a Religion

Rev. Kimberley Debus

What is this faith we call Unitarian Universalism? We will explore who we are and what makes a religion for our time and for all time.

August 23 A Mystic Eats a McRib

Rev. David Brown

Black/white; good/evil; right/wrong; hot/cold; Republican/Democrat; Coke/Pepsi? Do the seeming dualities of life have you confounded? Is there a different way to see life?

August 30 Seeking Libertalia: Paradise, Pirates, and the Work of Mutual Liberation

Rev. Caitlin Cotter-Coillberg

What can we learn from pirates of the 1700s about democracy and coming together across our differences to challenge inequity and the forces of capitalism and empire? Join Rev. Caitlin Cotter Coillberg for a service about Early Modern Piracy, Michel Foucault, and Rev. Dr. Rebecca Parker and Rita Nakashima Brock's theological work Saving Paradise.



Welcome New Board Members!



Welcome Robin, Kathy, Elizabeth & Margo!!

Robin Walther is originally from Houston, Texas! Robin, along with his wife Laurie, and their two daughters, settled down in Manassas and began attending BRUU in 2024 after 24 years in the Marine Corps. In his free time Robin enjoys mountain biking and trail maintenance, fossil hunting, and fishing.

Margo Davies has called BRUU home for roughly 15 years and has been involved in congregational life almost from the moment her family first walked through the doors. With years of volunteer service in Religious Education, Music Ministry, and Pastoral Care, she is grateful for the opportunity to serve as Vice President and to support the search for BRUU's next Director of Religious Education.

Kathy Sanchez, husband Ricardo, and sons Max and Nico have been at BRUU since the early 2000s. As co-director of Eagle condor Center and an astrologer, retreat and workshop facilitator, and sound and energy healer, she is especially interested in expanding respectful, humble spiritual community; personal growth; and ongoing development of respectful inclusiveness at BRUU.

Elizabeth Holden Mycko is a long-time resident of Manassas, with a teenage son who sings in the Center Stage Choir at Osbourn High School, and six cats. They were supposed to be three cats. Don't ask.



Membership/Outreach News

Nina Lomax, Membership Chair

Sept 27th—COMMITTEE FAIR in the Fellowship Hall after service.

All committees set up a table in the Fellowship Hall to win you over to join in their service!

Stop by and check it out!

ARE YOU...

Handy? Artistic?

Want to work with kids? IT savvy?

Want to save the world? Want to care for our staff?

Help with the auction? Provide a meal or ride?

Spend/save our \$? Set up Adult Education Enrichment?

Meet the new visitors? Help with outreach events?

Sing? Play an instrument? Help with Sunday services?

There will be a **PRIZE** for the most creative table!!



October 3rd—Historic Manassas FALL JUBILEE 10 a.m.—5 p.m. phew!

Right outside our building:

Info table, John's giant bubbles, Face painters & Spin for prizes!

We need **20 volunteers** for shifts plus set up at 9:30 a.m. and take down at 4:45 p.m.

Have an idea that would bring traffic? Email membership@bruu.org to enlist.



Care to join the membership committee?

We would love a liaison to parents and young adults!

Meetings via Zoom on the 4th Wednesday at 7:00 p.m.

Email membership@bruu.org for more information and the Zoom link!



Green Up Prince William and Manassas

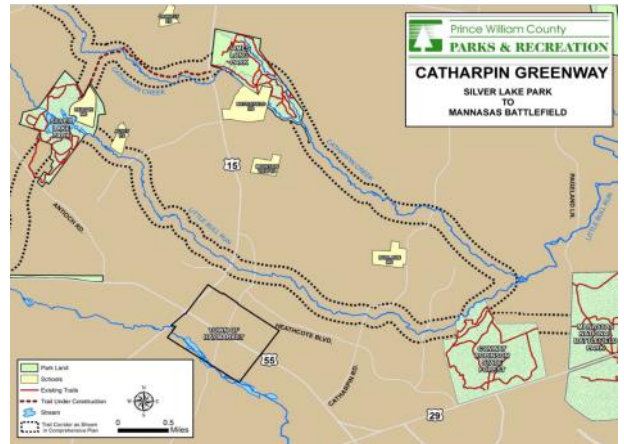
Charlie Grymes, BRUU Green Team



Second Sunday Hike

On **August 9th**, we will explore Catharpin Greenway trail from Silver Lake to Route 15. Trail has been repaired so even after a rain, it should be easily walkable.

We'll go about 3 miles on gravel and natural surface trail through shady woods. Dogs (raccoons, pigs, cats, whatever...) are welcome as well as people, so long as the critters are friendly and on a leash. Humans only have to be friendly.



Hike begins at **1:00 p.m.** Please register at <https://tinyurl.com/e27h4m8s> Location of trail may change after Crossroads deadline, and weather may force us to reschedule.

Hike Questions? Contact Charlie Grymes at cgrymes@gmail.com

Green Team members have lots of suggestions on how to enhance habitat at your home and reduce energy use. Want to get involved? Contact us at greenteam@bruu.org

Online Safety & YOU!

Email scams are a very real thing. I recently came across this article on the **UUA.org** website and felt it was important to share.



“Hackers are getting more sophisticated every day. The best defense is to encourage your employees, volunteers and congregation members to pause and look for warning signs before responding to any unsolicited email.

Phishing is a form of “social engineering,” whereby a hacker with bad intentions sends an email (or text or phone call) pretending to be someone the recipient trusts and asks the recipient to take an action which can have adverse effects. Sometimes, they request money. Other times, they invite the recipient to click a link or open an attachment that can trigger malicious code.

A good rule of thumb with emails you're not expecting is to: (1) reach out to the sender through another channel (call, text, visit website) and (2) not click on a link (or send money, gift cards, etc.) without clarifying from the trusted source.”

With your safety in mind, *Kate*, BRUU OA

Do You Love to Sing?

We'd love to welcome you into the BRUU Choir! Our choir is a meaningful part of our worship and our beloved community.

Whether you've sung in choirs for years, are returning after a long break, or are trying it for the first time, there is a place for you here. We welcome singers of all experience levels and backgrounds.

Just bring a love of singing, a desire to share in the joy of music-making, and a willingness to learn, listen, and sing together with others.

Our choir shares music in worship twice a month, typically on the second and third Sundays from September through June, and participates in two special All Music services each year. Our first rehearsal for the coming church year will be Wednesday, August 19, at 7:00 PM. We will continue rehearsing weekly on Wednesday evenings at 7:00 PM.

We'd love for you to join us for a rehearsal and experience the joy of singing with us—we have a lot of fun! If you'd like to learn more or let us know you're coming, contact Music Director David (email: music@bruu.org). We can't wait to sing with you!

In song and spirit,
David Maley
Music Director, BRUU



Staff Spotlight

Daivd Maley, Music Director

David is an experienced music director and pianist. He is also a music therapist, piano instructor, and composer. He completed the music therapy program at Shenandoah University and currently holds the credential, MT-BC (Music Therapist Board Certified). His undergraduate work was completed at George Mason University, where he earned a B.A. in Music with minors in Psychology and Exercise Science.



A versatile musician, David plays piano, guitar, organ, accordion, and sings. In his free time, he enjoys composing music, reading, exercising, and spending time outdoors gardening or hiking. Spiritually, he currently practices Quakerism and Buddhism; he is also a Universalist.



Events At & Around BRUU



Social Gathering with Laura Crowne

Laura will be in NoVA the **first weekend in August** and plans to attend BRUU on Sunday. She now lives in Paris so there will be a soiree for folks to re-connect with her that afternoon **from 2 – 4 p.m.**

Please contact me **ring.cw@gmail.com** OR **703.754.8191**. if you will be in town this weekend and would like to be part of the gathering for lemonade, tea, and cookies – no dancing. Laura looks forward to seeing everyone in person – better than Zoom visits.

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.

BRUU's Biblical Discussion Group
AUG 2ND ---SUNDAY---9:00 AM---Flamingo Lounge

What's Love Got to Do with It?

How does the term "biblical marriage" fit with the historical facts of patriarchy? Martin Crim will lead.

Come join  the discussion!



August 9th—Pack Bookbags for Kids after Service!

Every year in August, BRUUers of all ages help fill **60 backpacks with school supplies** to help low-income kids get a good start in the new school year. We donate them to local Title 1 elementary school.

Email schoolproject@bruu.org for more information on how YOU can help!

Donate supplies by leaving them in the box in the foyer.

Adult Learning Education (ALE) Summer Session & Salad Supper



June's Bountiful Salad Supper Selections.

Add **August 12th** on your summer schedule for our next ALE session & potluck supper.

Bring any type of salad to share for our supper that begins at 6pm.

Session topics will be listed in next Round Up.

Childcare is provided.

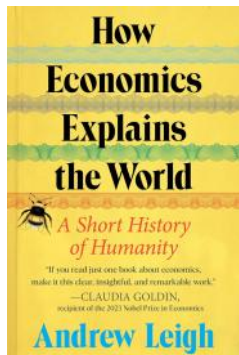
Email: AdultRE@BRUU.org for details.

August 23rd Song Circle

Bring your voices, instruments, or listening ears to the Fellowship Hall!

Having a phone or iPad to follow along with lyrics/chords is helpful, but not required. Contact: musiclison@bruu.org

Everyone is welcome!



Join the BRUU Book Group!

On Monday, **August 24th at 3:30 p.m.**, we will be discussing "**How Economics Explains the World**" by Andrew Leigh. 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.

Social Justice Committee

Mark your calendar for **Monday, August 31st** for the monthly Zoom meeting @ 7pm. Agenda items will include action activities scheduled for the Fall by the regional UU congregations in conjunction with other faith-based & community organizations, for Defending Democracy & immigration rights in our community, state, & country.

Please email SocialJusticeAdmin@bruu.org if you are interested and want more details.

All are welcome!

Zoom Meeting <https://us02web.zoom.us/j/84899902548>

Meeting ID: 848 9990 2548



All are Welcome!



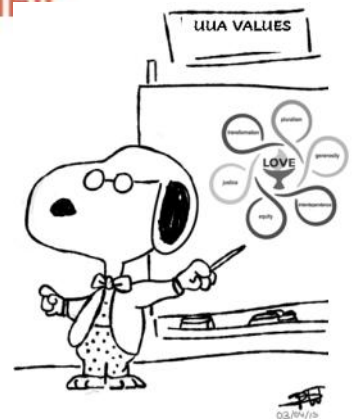
TWO PARTIES ARE BETTER THAN ONE!"

COME HAVE A SLICE OF FUN AND

**Meet the DLE Candidate &
Celebrate with the Choir!!**

August 22nd at 3 p.m.

**9015 Doves Lane, Manassas
Bring a snack to share, if convenient.**



***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: Music, Community, and Connection



A simulated Billboard Hot 100 chart for the artist Circle of Toads. The chart is set against a black background with a large vinyl record on the right. At the top left is a black and white photo of the four band members. The word 'billboard' is written in its iconic font. Below it, a table lists the artist and title, with the song 'Circle of Toads' at the #1 position. A box at the bottom provides the date and a link to order tickets.

HOT 100	
ARTIST IMPRINT/LABEL	TITLE
Circle of Toads	#1

Presented by
Chrysalis Concert Series
August 15th
Click on this image to order tickets!

Link for tickets: <https://event.auctria.com/10176fb5-8347-49fb-a20c-3fdcf81db503/>



Next up in the Concert Series is...

9/15—Chris Haddox

10/31—Friction Farm



**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

9350 Main Street
Manassas, VA 20110-5150
703-361-6269

BRUU Board of Directors

President

Nina Lomax (2026-28)
president@bruu.org

Vice President

Margo Davies (2026-28)
vicepresident@bruu.org

Secretary

Elizabeth Holden Mycko (2026-28)
secretary@bruu.org

Treasurer

Heather Berthold (2025-27)
treasurer@bruu.org

Directors at Large

Kathy Sanchez (2026-28)
Robin Walther (2026-28)
John Sunda (2025-27)
director@bruu.org

Youth Representative

TBS

Program Council

Mary Kadlubowski (2025-26)
programcouncil@bruu.org

Ex-Officio (Immediate Past President)

Josh Rachford
pastpresident@bruu.org

BRUU STAFF

Director of Lifespan

Religious Education
dre@bruu.org

Director of Music

David Maley
music@bruu.org

Office Administrator

Kate Casey
office@bruu.org

Building Engineer

George Monroe
buildingengineer@bruu.org

BRUU OFFICE HOURS

M-F 10:00 am – 2:00 pm