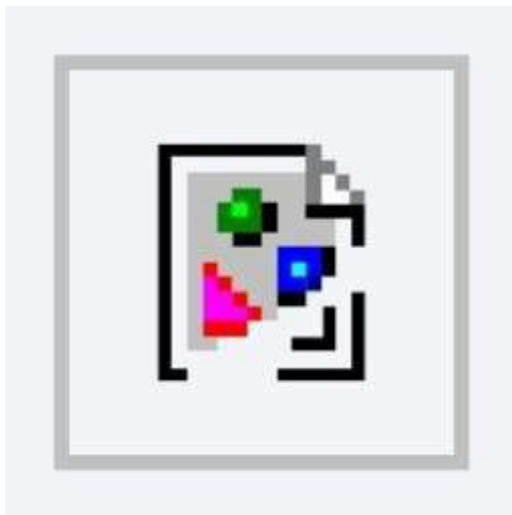




BULL RUN
UNITARIAN UNIVERSALISTS

June 2025
Volume 43, Issue 6

Crossroads



Does the above look like just a “missing image” icon? Check out the last page of Crossroads to read its story.



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The monthly BRUU Newsletter

June Services

June 1: Flower Communion: “We Are The Garden”

(Dianne Lane)

June 8: June Music Service

(David Maley)

June 15: Summer Solstice

(CUUPs of the Crossroads)

June 22: Afterlife

(Maia Malos)

June 29: Service Sunday

(Kristin Worthington, DLRE)

From the President's Desk

Angie Carrera, President, Board of Directors

Dear fellow congregants,

As I prepare for my last Congregational Meeting as BRUU's President, I reflect on a bittersweet yet fulfilling journey. While there were some severe challenges during the past two years, I'm proud of the changes implemented to make BRUU a healthier organization. I've cherished getting to know many of you, while learning and listening to your concerns and interests. Serving as Office Administrator for my first six months as President and Staff Coordinator since May 5 deepened my appreciation for the staff's incredible skillsets and passion for their work.

I'm most grateful to our board members whose commitment and integrity served our congregation during their own busy lives. Like Rita Romano, whose guidance as ex-officio helped ensure my own transition to President in 2023, I look forward to supporting our incoming President and contributing to BRUU's continued growth.

Certainly, July will launch the beginning of new adventures in my modified role. Right now, I'm going to focus on preparing for the upcoming Board Retreat and ensuring transfer of documents to KnowledgeBase. I've also been working on a President's Tool Kit as an added resource in an effort to decrease the learning curve for our incoming President and future presidents. And I am still here to learn and listen.

Please join me in welcoming our new Board President and continue to communicate your concerns and ideas on current issues to help strengthen our community. Thank you for your efforts in making and keeping BRUU a safe community for seeking and service.

With deep gratitude,
Angie Carrera-Earl
President, BRUU Board of Directors

Board Matters

Angie Carrera, President, Board of Directors

This scheduled meeting was held on May 15 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 April meeting minutes and the Consent Agenda including the following reports (President, Membership, Staff Coordinator, Program Council, DLRE). Attachment: a new Roof proposal. Please see the BRUUnet KnowledgeBase for Board Meeting minutes, as well as attachments in support of the agenda and/or the reports.

- Town Hall Review: The consensus of the Board was that the meeting had gone well.
- The Roof: After discussion about a possible contract with another roofer with a 30-day deadline, the Board determined that it would not pursue any contract without more information. John will provide follow up.
- Nominations: Possible appointments for Chair positions and term limits were discussed. Art will update the Organizational Chart on KnowledgeBase.
- Right Relations Team: This newly formed team will conduct a congregational assessment through conversations with leadership, including the Board, to assess the environment at BRUU and how we address issues. Arrangements will be made as soon as possible.
- Minister Recruitment: A list of potential search team members has been compiled and several names have been contacted.
- Congregational Meeting: Board discussed agenda and preparations for the meeting. In the absence of the Treasurer, the Board will obtain the Budget draft as soon as possible, so that a vote by email for approval could be

Board Matters, Continued

achieved before the Congregational Meeting. Angie will follow up with the Treasurer, contact Martin/Brian to serve as parliamentarian and Kristin to secure childcare employees. Art will contact Core Committee Chairs for the annual report. Sandy will contact the AV Team.

Anyone interested in further information about the meeting may contact the President at President@BRUU.org.

5th Sunday Service Sunday, June 29th

Kristin Worthington, DLRE

5th Sunday Service Sunday June 29th brings fun, fellowship and helping community friends.

On the 29th, our project will be making meals for the Northern Virginia Family Services Emergency Shelter for women and children.

In the past, we made a morning after Thanksgiving breakfast for the approximately 65 residents at the shelter. Traditionally, organizations sign up to prepare meals for one meal, like we did. However, there are many meals that do not have a sign up! I often receive emails asking for a last minute meal drop off to fill an empty slot.

Together, we will assemble freezer ready meals to use on those empty slot days. What meals, you ask? Well....you tell me!

Recipe Contest

Submit your recipe to dre@bruu.org by **Thursday, June 12**. Watch for opportunities to vote for your favorite during the month of June. Favorites will be made by all of us to donate to the shelter's freezer. And I promise we will eat them too.

The Rules

- Must be a go to comfort food. Something that brings your family nourishment and joy.
 - Recipes should be suitable for freezing.
 - Recipes need to be easily converted to 10+ servings
 - Can be for any meal: breakfast, lunch or dinner!
- Ingredients must be readily available at everyday grocery stores.
 - Attend Worship on June 29th to help create the winners!
 - Ask Kristin, DLRE, if you have any questions!

General Assembly 2025!

Kristin Worthington, DLRE



Delegates to GA this year will be voting on two important Social Witness Statements – steering the direction of our national faith.

The UUA makes two different types of social witness statements: Statements of Conscience (SOCs), which arise from Congregational Study/Action Issues, and Actions of Immediate Witness (AIWs).

Congregational Study/Action Issues (CSAIs) are issues selected by Unitarian Universalist member congregations for three years of study, reflection and action. In the third year of this process, delegates at GA can vote to approve a Statement of Conscience (SOC) resulting from three years of congregational feedback on the CSAI.

The 2025 Congregational Study Action Issues (CSAI) are:

- [Abolition is Faith Formation](#)
- [Fat Liberation: Building Justice and Inclusion for Larger Bodies](#)
- [Housing: Diversity, Equity, and Inclusion](#)

Actions of Immediate Witness (AIWs) express the conscience and carry the authority of the delegates at the GA at which it is passed. AIWs are initiated by individual delegates and move through their entire creation and adoption process during a single GA.

2025 Proposed AIWs

- [Bringing a Feminist and Womanist Lens to Resistance and Activism](#)

General Assembly, continued

Kristin Worthington, DLRE

- [Faithful Defiance of Authoritarianism: Reaffirming Our Covenants for Democracy and Freedom](#)
- [Funding Global LGBTIQ Freedom Amid Crisis: A Call for Immediate Action and Solidarity](#)
- [Voter Justice and Racial Equity for the Citizens of the Nation's Capital](#)
- [We Declare and Reaffirm: All People Have Inherent Worth and Inalienable Rights](#)

Do you want to represent Bull Run UU at GA? Register soon and make sure to let Kristin or Angie know.

Summer RE

2025

JUNE

15

RAINBOWS!

Story: The Rainbow
Book by Kate Ohrt
Arts: Painting!

JUNE

22

SUMMER SOLSTICE

Story: The Longest Day
Arts: Flower Crowns

JUNE

29

COLOR FEELINGS

Book: Bubble Riding
by Lori Lite
Arts: Bubble Painting

JULY

06

BLOCK PARTY

Book: Block City by Louis
Stephenson
Activity: Block play

JULY

13

MINDFULNESS

Book: Angry Octopus,
by Lori Lite
Activity: Mind Jars

JULY

20

INNER CALM

Book: Each Breath A
Smile, by Thich Nhat
Hanh
Activity: Bubble
Breathing

JULY

27

PEACEFUL BODIES

Book: Peaceful Piggy
Yoga by Karey Lee
MacLean
Activity: Yoga

AUGUST

03

PEACEFUL THOUGHTS

Book: Peaceful Piggy
Meditation by Karey
Lee MacLean
Activity: Mandalas

AUGUST

10

STEWARDSHIP

Book: Moody Cow
Learns Compassion
by Karey Lee MacLean
Activity: Nature Walk

REGISTER NOW



BRUU Sangha

Teachings On The Opportunity of Distraction

Buddhism teaches that distractions in everyday life are opportunities to cultivate mindfulness and develop a deeper understanding of the mind. Distractions often arise from the mind's habitual tendencies toward craving, aversion, or restlessness. Buddhism encourages observing them with awareness rather than reacting impulsively. Through practices like mindfulness meditation, we learn to gently bring attention back to the present moment whenever the mind wanders. The teachings emphasize patience and compassion for oneself in this process, recognizing that distractions are a natural part of human experience. By understanding the impermanent and fleeting nature of thoughts and external stimuli, we can reduce their attachment to distractions and focus on what truly matters. Ultimately, Buddhism views distractions as valuable teachers, guiding individuals toward greater clarity, calm, and insight into the nature of reality. We will discuss how distractions can be helpful teachers and assist in deepening our practice.

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.

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

BRUU Sangha,

Randy Earl

Fixing Up Our 100-Year Old Building

Charlie Grymes

John Sunda has led recent major projects to upgrade the heating and ventilation (HVAC) system. There are now 5 new heat pumps in the courtyard. The units, installed between 2022-2025, are roughly 200-300% more efficient.



The new heat pumps have allowed BRUU to turn off a broken boiler, one of the two in the boiler room next to the unisex accessible bathroom on the First Floor. That boiler produced steam heat for the radiators in the Sanctuary, plus first floor bathrooms and hallway just outside the office. At some future date, many of the now-useless radiators will be removed.

The most recent project was replacing the 1988 air conditioner which cooled the Fellowship Hall. It had been slowly leaking coolant for several years, and finally quit working last fall. John got it replaced in time to ensure air conditioning for rentals that were scheduled this Spring.

Back in 2019, BRUU completed a similar conversion of replacing a ducted AC system with a ductless heat pump system. That heat pump, on the west wall outside the Conference Room, now powers the mini-splits that heat/cool four rooms.

The mini-split units in the Conference Room and kitchen are clearly visible. The mini-splits in the BRUU office and the minister's office are hidden above the ceilings.

Fixing Up Our Building, Continued



now you know – this is the BRUU kitchen mini-split

What's next? One boiler remains operational in the boiler room. It uses fuel oil to heat water (not steam) which is pumped into rooms in the Education Wing for winter heating.

Education Wing rooms are cooled in the summer now by air conditioners placed in individual windows. The units are removed each Fall and stored in the attic. It's a pain in the back to move the heavy air conditioners around.

Special donations funded this upgrade of old infrastructure. When this HVAC project is completed and that last boiler is finally retired, BRUU will no longer need to move air conditioners each year or to buy fuel oil. That will reduce BRUU's operating costs, work day headaches, and greenhouse gas (GHG) emissions.

BRUU installed a tankless hot water heater after we purchased the building. It is a highly efficient way to provide hot water to bathrooms and the kitchen. The hot water heater, like the stove in the kitchen, uses natural gas as the energy source.

Heat Pumps Make Space For to Solar

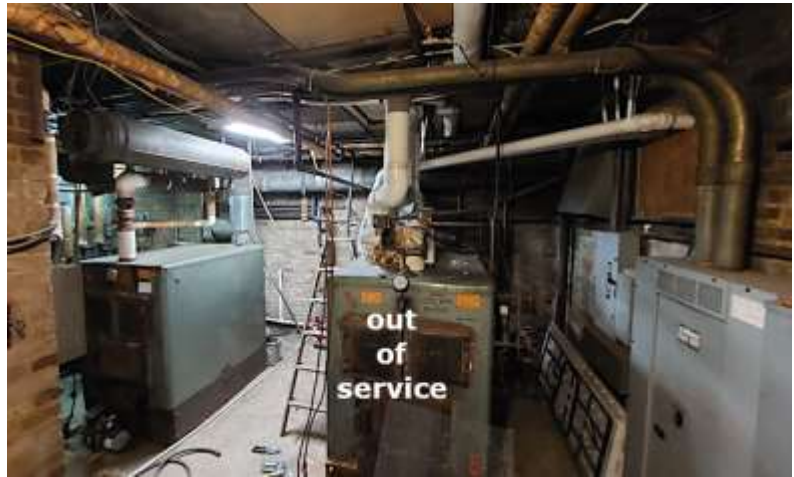
The boiler room could become home to inverters of solar panels – but going green is complicated.

Green Team evaluated the potential of adding solar panels at BRUU. The roof over the Education Wing could support panels, but the investment would not be cost-effective.

Like residential properties, BRUU pays for the total energy used (in kilowatt-

Fixing Up Our Building, Continued

hours) every month. However, the Manassas city-owned utility system bills BRUU as a commercial customer. That means we also pay a power charge based on peak demand during the month, defined as the highest 15-minute use in kilowatts. Over 60% of our total annual bill is for this peak demand.



No matter how much solar panels or a geothermal system might lower the monthly electrical energy used at BRUU, it wouldn't necessarily reduce our peak demand, and this significantly reduces the potential savings of such a system. The Green Team looked at the costs vs. benefits of building a new solar system (including the value of federal tax credits). It recommended not installing solar at this time, and instead continuing to purchase carbon credits to neutralize our carbon footprint.

The membrane roof over the Education Wing is expected to last into the mid-2030's before needing major repair or replacement. The roof over the Sanctuary is nearing the end of its service life and has a minor leak in the corner near the elevator. The leaking portion will be repaired in mid-2025. BRUU is planning to replace the sanctuary roof in the next 2-3 years. The flat roof replacement time would be the logical moment to install solar panels, if the cost-effectiveness improves by then.

A major challenge faced by BRUU and the Building and Ground committee is securing funding for the upcoming HVAC and roof replacement projects. We are fortunate that our building mortgage will be paid off soon in 2026, freeing up about \$27,000/year in our budget, but more than that amount will be needed up front.

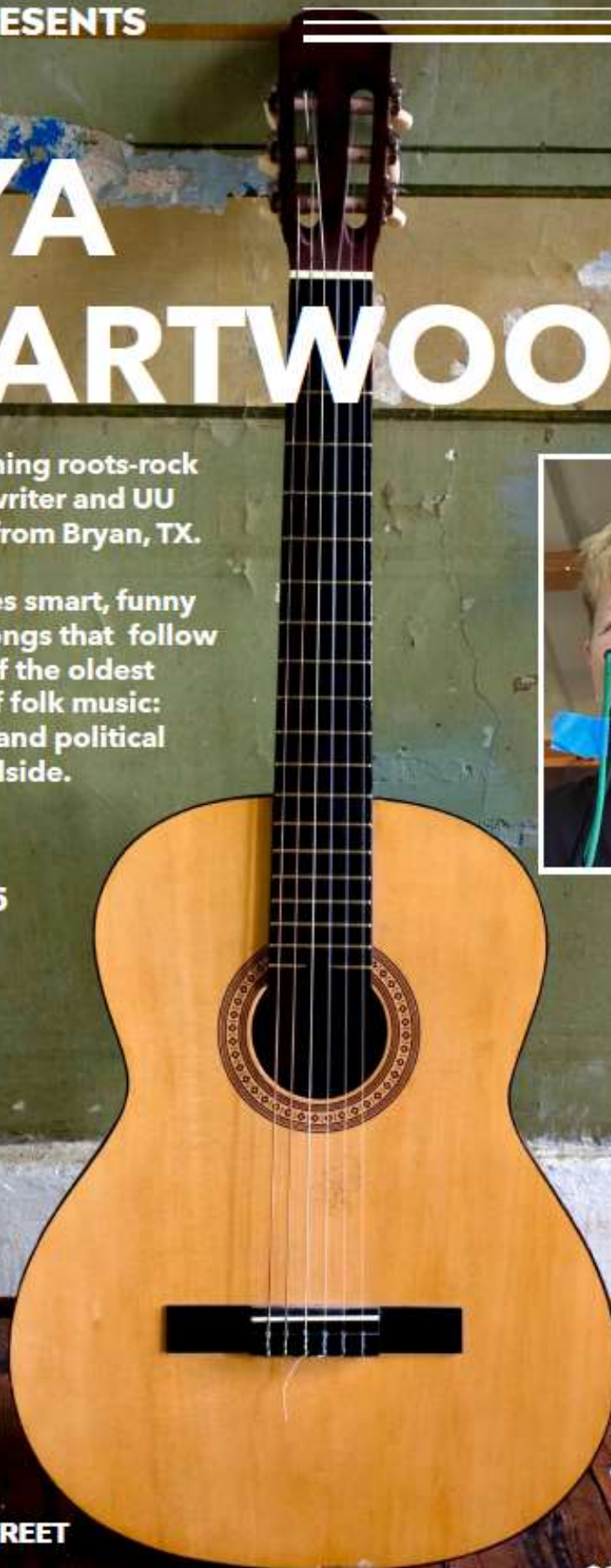
**CHRYSLIS CONCERT
SERIES PRESENTS**

KIYA HEARTWOOD

An award-winning roots-rock
singer-songwriter and UU
minister, here from Bryan, TX.

Rev. Kiya writes smart, funny
and poignant songs that follow
on to two of the oldest
traditions of folk music:
storytelling and political
broadside.

**Saturday
Jun 28, 2025
7:30 pm.**



**BULL RUN UU
9350 MAIN STREET
MANASSAS VA 20110**

**CLICK QR CODE
FOR TICKETS
\$20 IN ADVANCE,
\$25 AT DOOR**

Events At & Around BRUU

Second Sunday Hike: Broad Run

On June 8, 1:00-3:00pm we will explore the upper reaches of Broad Run (downstream from Lake Manassas). It's a 3-mile hike in the shade, on a flat trail with an uneven surface in a few spots. Well-behaved dogs on leash are welcome.



We'll cross Rocky Run upstream of where a new bridge will be installed this Fall. The old bridge, installed in 2014, was later washed out by a flood. We will walk along the edge of Broad Run on the Broad Run Greenway – see map at

https://www.pwcva.gov/assets/documents/park/trail_broadrun.pdf

Register at <https://tinyurl.com/e27h4m8s> to get directions and to be notified if weather forces cancellation.

Eating as a Spiritual Practice

June 16th, 6:00pm—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 Lore Stevens on Food Faith as we share a sumptuous meal. **RSVP required** by June 9th to eatingspiritual@bruu.org.



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

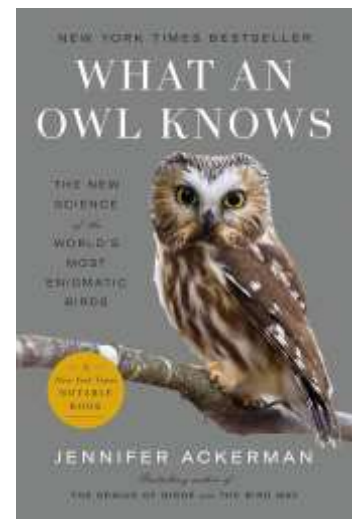


- Visit with old friends and make new ones
- Share your joys, concerns and insights
- Discuss serious topics and not so serious ones.
- Start your day off with a smile and a laugh or two!

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!

This month we are reading "**What an Owl Knows: The New Science of the World's Most Enigmatic Birds**" by Jennifer Ackerman. Book club meets by Zoom on the third Monday of the month, June 16, at 3:30pm. New members welcome – contact us at bookclub@bruu.org for the Zoom link.



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

9350 Main Street
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

Directors at Large

Allan Curlee (2024-26)
Michelle Fegeas-Foster (2024-26)
John Sunda (2023-25)
director@bruu.org

Youth Director

Sashka Visnevski (2025)
director@bruu.org

Program Council

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

BRUU STAFF

Director of Lifespan Religious Education

Kristin Worthington
dre@bruu.org

Director of Music

David Maley
music@bruu.org

Office Administrator

Taylor Johnson
office@bruu.org

Sexton

George Monroe
sexton@bruu.org

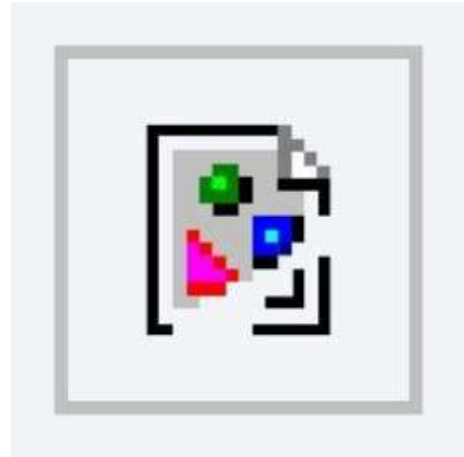
BRUU OFFICE HOURS

M-F 10:00 am – 2:00 pm

2nd and 4th Tuesdays 12:00 pm-2:00 pm

Missing Images

You found it: the missing image. What could it mean? Why would a photo from one of the many events and activities at & around BRUU be missing from *Crossroads*? BRUUers attend *and* organize tons of events—so why wouldn't we have a photo of any of them to put on the newsletter cover?



There are a few possibilities. Maybe it's a technical issue or a problem with someone's PDF viewer. Maybe the dreaded deadline was already past. (We swear it was the 24th just a moment ago!)

...Or maybe the photographer just didn't recognize the treasure they had in their camera roll.

Any online publication might just use clipart or stock photos, and often, the person assembling *Crossroads* ends up going with that approach. But none of those default options fully capture the unique, vibrant community that is BRUU—nor the variety of activities that BRUU gets up to on a regular basis.

A picture's worth a thousand words, but only if someone takes the shot and sends it in. You don't have to be a master photographer or have top-of-the-line gear. Snap a photo with your phone, or even sketch something at the next event you're at. Breathe new life into *Crossroads* while showing off what makes your favorite BRUU events or programs awesome. Send your photos to

photo@bruu.org

for consideration, and help us avoid more missing images!

- *Crossroads* Team