

September

2013

Between UUUs

LOVE IS THE SPIRIT OF THIS CHURCH, AND SERVICE IS ITS PRAYER

September Services

Worship Theme: Going Forward

September 8: *“Coming Together, Going Forward, Sharing our Ministry”*—Rev. Coeyman

This is In-Gathering Sunday, a time to come back to UUCR if you’ve been away for the summer, a time to celebrate new beginnings. In-Gathering Sunday marks our time to look forward and celebrate this congregation, its people, its outreach to our communities. This day we can think on how we are in shared ministry with one another. Children will be present at the start and end of the service, with special time with our music director, Nichole, during the sermon. The UUCR choir will sing at both services. A Potluck lunch follows the 11:00AM service.

September 15: *“Grounding Ourselves in Everyday Spiritual Practice”* —Rev. Coeyman

Our understanding of ‘spirituality’ is wide-ranging: I will explain it as ‘connections’ of various types, connections that we can strengthen through regular spiritual practice. One useful spiritual discipline is what Unitarian Universalist minister Scott Alexander refers to as “Everyday Spiritual Practice.” Whatever your understanding of spirituality, possibilities for personal and congregational connections can be enhanced by intentional spiritual practices.

September 22: *“Heirlooms, Curiosities and Cast-Offs”*—Rev. Renee Ruchotzke

Our lives are influenced by the legacy of those who preceded us. How might we choose what to keep and what to set aside as we attempt to live lives of authenticity and purpose going forward? How may we call on the legacy of those who preceded us as we hone our leadership skills? Rev. Renee Ruchotzke (ruh-HUT-skee) is Leadership Development Consultant for CERG, the Central East Regional Group of the UUA, sponsor of the Joseph Priestly District Leadership Conference held as UUCR this weekend.

Worship associate: Rev. Barbara Coeyman

September 29: *“Babies, Bathwater and the Belonging that is our Birthright”*—Rev. Greg Ward

We are forever running into experiences where the Love and understanding we need from others and the world seems rather unreliable or in short supply. Religion, it can be argued, makes a promise that Love is real – if we have faith. How can we summon the trust to love this unpredictable life even after we understand its failings and perils? Rev. Greg Ward is UU Minister and lifelong Unitarian Universalist. He’s served for 17 years in congregations in Oakland, CA, Toronto, ON, Atlanta, GA and now specializes in serving congregations in transition serving the Bull Run Unitarian Universalists in Manassas, VA. He preached in Reston last spring on the difficulty and importance of change. He is part of the area-ministers fifth-Sunday ‘pulpit swap.’

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Musician's Corner

Dear Singers and Ringers,

I hope you have had a wonderful relaxing and rejuvenating summer and are ready to get started making music together!! I am truly excited to be the new Music Director here at UUCR and am looking forward to getting to know all of you as we work together. Choir rehearsals have started on Thursdays from 7:30-9:00PM. If you have been looking for a way to get involved, consider joining the choir! No experience necessary, just a desire to connect through music with others. Feel free to email me with any questions at music@uureston.org. Mark your calendars for our choir retreat and workshop on Saturday, September 28 from 10:00AM-5:00PM at UUCR. We'll be getting to know each other, working on vocal techniques/choral blend and will have a music read through session. Potluck lunch, please bring a dish to pass. Sign up on the music bulletin board or via email.

UUCR handbells will begin rehearsing from 6:30-7:30PM on Thursday, October 10, so please let me know if you'd like to be included on the email list. You can either email me or sign up on the music section of the bulletin board next to the office. Our first performance in church will be on November 9.

It is a wonderful blessing to be in worship with all of you!

*Musically Yours,
Nichole Hodges-Abbasi*

Ministerial Search Committee Seeks Members

Looking for a new Minister?

So are we! The Board is looking for UUCR members to serve on the Ministerial Search Committee (MSC). This fall, the MSC will start working with Rev. Coeyman, our interim minister, and others to plan the search, and begin to define what we should be looking for in a settled minister. After that the search will begin, and conclude in about a year with a new UUCR settled minister. It is an extensive commitment of time, but many who have served

on previous search committees can attest to how rewarding and fulfilling the experience was. If you'd like to speak to a previous MSC member about the experience, please contact Paul Baumgartner, Keturah Collins, Ruth Grubb or Paul Cohen. We will be asking those interested to complete a brief application (see Samantha for a copy) so we can ensure the committee, like our congregation, represents a cross section of life experience, values and beliefs. Thank you!

Tom Day

New Service Times

As a reminder, we will be moving to new Sunday Service times beginning September 8. Our services will be at 9:00AM and 11:00AM each Sunday, so we can provide time in between services for community-building events, educational sessions, rehearsal for adult/children's choirs and other activities. We also hope having an earlier start time will free up more of folks' Sundays. We will be monitoring the attendance levels at the services, and would appreciate it if you have some flexibility in your schedules to occasionally attend the earlier service if you normally attend the later service, so we're able to achieve a healthy balance between the two, especially for our visitors who might be unduly concerned if they see low attendance at the early service.

Mindfulness Meditation: New Time

The Mindfulness Meditation session will now be held at 10:15AM, between the first and second services.

Auction Volunteers Needed

With our new church year underway, it's time to start planning our fall auction event! This is our biggest fundraiser of the year outside of our operating campaign, and always a lot of fun. Bill Eisnaugle has graciously agreed to co-chair the event, but could use lots of help planning it. Please see Bill or any Board member if you are interested and able to help out, even in a small way.

UUCR Anniversaries

As we begin a new church year, we celebrate our September membership anniversaries:

Barbara Naef – 40 years

Jane Anthony – 12 years

Terry Mitchell – 34 years

Bob Anthony – 10 years

Romney Wright – 32 years

Beth Lucas – 10 years

Peter Lubitz & Mary Ellen Moguee – 28 years

Howard Uman – 6 years

Bob & Lisa Narod – 26 years

Mark & Dana Sheppard – 5 years

Unitarian Universalists for Social Justice In the National Capital Region

UUSJ is a partnership of congregations, organizations, and individuals dedicated to working for social justice on a range of issues giving voice to our UU principles. It has recently changed its name to UUSJ In the National Capital Region to reflect its plan to focus more on promoting advocacy at the national level and to bring critical issues to the attention of policy-makers.



In past years, UUSJ has conducted workshops and joined rallies and demonstration on issues such as marriage equality, immigration, climate change, income inequality, etc. Members of UU congregations in this area (Maryland, DC, and Northern Virginia) have participated in these activities. Our congregation is a contributing member of UUSJ and benefits from the opportunities to work together with other UU congregations to promote our social justice values.

The upcoming change in focus by UUSJ toward advocacy at the national level will include education on how to conduct effective advocacy on selected legislative issues and provide opportunities to engage with members of congress or their staff. UUSJ will also be collaborating with other organizations as appropriate.

Working together with members of other UU congregations can enhance our ability to give voice to our UU principles and values. Members and friends of our congregation who would like to learn more about UUSJ or to become involved with these programs, please contact Al Carlson at carlson2@erols.com.

UUCR Permaculture Garden

In a mature woodland, the soil is covered by layers of plants that survive year round. They soften the forces of rain, sun, and wind and thus offer a perfect home to worms and other creatures of the soil. "The abundant soil life captures nutrients and recycles them to plants before they can be washed away. These nutrients are stored, long- and short-term, in ever-present tree trunks, perennial shrubs and herbs, lichens, fungi, mulch, humus, and soil organisms. The forest builds a tremendous reserve of organic matter and minerals. All this biomass acts as a savings account, holding and recycling the forest's valuables as insurance against drought, infestation, or other stressful times. . . . What does die each year is recycled within the ecosystem with almost no loss. . . . In nature, there is no such thing as waste. Everything is food for something else, connected in life and death to many other species." *



Photo by Rebecca Trachtman

So, in our miniature food forest, or Permaculture garden, when we cut or pull up anything that has grown there, we "chop and drop" it, so that it can recycle the nutrients it has taken from our soil. Look at the figs--not ready yet, but coming along. Look at the cucumbers and musk melons and the onions that are ready to pick. If you pick anything to eat, leave part of it to grow another time and feed someone else. Someone or some animal took all the apricots and apples and the one happy pomegranate.

Enjoy the garden.

*Toby Hemenway, *Gaia's Garden: A Guide to Home-Scale Permaculture* (White River Junction, Vt.: Chelsea Green Publishing Company, 2d ed., 2009).

Sheila Barrows

Events and Happenings

Films on Friday: September 6

“The Hedgehog” – Fed up with the world's hypocrisy, 11-year-old Paloma makes plans to commit suicide on the eve of her 12th birthday. Using her father's old camcorder to chronicle the hypocrisy she sees in adults, her camera reveals the extensive secret library in concierge Renée Michel's (Josiane Balasko) back room. Paloma begins to understand that there are allies to be found beneath the prickliest of exteriors. As the unlikely friendship deepens, Paloma's own coming of age becomes a much less pessimistic prospect.



In French with English subtitles, 2009 (98 minutes)

NOTE new later time:

8:00PM Snacks (+ Bill's pie) & social

8:30PM *The Hedgehog*

Free, but donations/snacks appreciated. Next film: October 4

Potluck Lunch: September 8

UUCR Potluck Lunch: Strengthening Our Community

A Second Sunday Community Event

Sunday, September 8

12:00PM (following the second service)

If your birth month is:

January, February, March

April, May, June

July, August, September

October, November, December

Please bring:

Chips or a Side Dish

Salad

Main Course

Dessert

Drinks and tableware will be provided by UUCR

Alternative Gift Market—Save the Date!

This year's Alternative Gift Market and Craft Fair (AGM/CF) will be held on Saturday, December 7 from 10:00AM to 2:00PM at UUCR.

The AGM committee is currently looking for a volunteer to take care of publicity for the event. Please contact Judy Erickson (phone: 703-437-3957 or aljudyerickson@comcast.net) for additional information.

OWL Begins September 15

The highly-regarded UU curriculum about human sexuality, Our Whole Lives, will be taught for our junior high youth (all seventh and eighth graders) during this church year, 2013/2014. The specially trained teachers for the OWL team are Linda Holloway, Linda Johnson, Mike Schmitt, and Jim Sopp. All parents of the youth, who will be registered to participate, must attend one orientation class with the teachers before class begins on September 15 at 9:30AM, during the first service. Two opportunities to attend are provided for the parents: Thursday, September 12, 7:00 - 9:00PM and Saturday, September 14, 2:00 - 4:00PM. Both sessions will be held in the Youth Room. Parents, please contact Tracey Sopp to indicate your interest in having your child enrolled in this class and which orientation session you will attend (tabs1994@gmail.com or 703-729-5964).

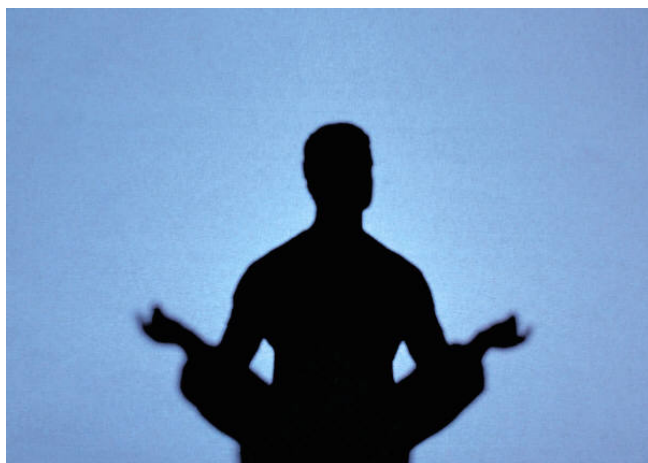
UUCR Gentle YOGA with Eileen

You are invited to participate in UUCR's Yoga classes, on Sundays beginning on October 13 through November 24. Classes will be held in the Sanctuary, from 4:30 to 5:30PM. If you are interested, the fee for each class is \$10 per class (cash or check). The class will be a gentle class (Anasara style) suitable for beginning and intermediate participants. Poses can be adapted to do in a chair as needed.

Eileen Roehr offers these yoga classes with her experience dating back to the 1970's in Holland where she developed a regular practice. In the 1990's she began taking teacher's training in yoga as a vehicle to deepen her practice. In 1997, Eileen completed the Health Advantage Yoga Center Teacher Training Program.

To Eileen, yoga has become a central part of her life and she will greatly enjoy sharing her passion with others.

Come, enjoy the benefits of Yoga at UUCR. If you have any questions, please contact Eileen Roehr at eileenroehr@verizon.net or Steve Ewart at scewart@verizon.net



Two Hands Clapping

Growing Leaders and Volunteers in your Congregation
2013 Fall Leadership Conference
Joseph Priestley District

Saturday, September 21, 2013

9:00 am – 3:30 pm

Unitarian Universalist Church in Reston
1625 Wiehle Ave, Reston, VA 20190
For a map, click here. <http://goo.gl/maps/B6W1Y>



*"One hand cannot clap on its own but it needs the other hand to make a clap."
-Massai Saying*

ACQUIRE...

...tools, tips and theories in the morning:

- Keynote "Growing Leaders and Volunteers" to provide theory and tips
- Workshops to develop tools: Leading Change Leads to Growth; Practical Tools to Manage Volunteers; Pragmatic Approaches to Governance; Keeping Your Head While Others Are Losing Theirs; Leading Toward a Multicultural Future

CONNECT...

...with other leaders sharing your experiences and wisdom:

- Network with other leaders serving in a similar role at lunch
- Hear stories from other congregations

ENGAGE...

...with what you've learned:

- collaborate on a case study during the afternoon, sharing and applying what you have learned
- Develop an action plan to use what you have learned in your own congregation

Keynote: Growing Leaders and Volunteers

by Mark Bernstein, Patricia Infante and the Rev. Renee Ruchotzke

Our Congregations run on people power, but sometimes it seems difficult to motivate our members to volunteer to help with the work of the congregation, let alone be a leader! Your three regional consultants have been collecting stories and wisdom from congregations and other organizations and experts and will share what they have learned with you!

You will then have the opportunity to go deeper into a topic of interest in a smaller workshop setting. In the afternoon, we will offer case studies for you to engage with what you have learned, and how you might bring your learning back to your congregation.

Cost: \$30 per person
includes snacks, lunch and materials
(\$25 per person for teams of 3 or
more from the same congregation)

Register: [2013 Fall Leadership Conference](#)
Deadline: Sunday, September 15, 2013
We had rave reviews on this model from last
year's fall leadership conference – don't miss out!