

suusi 2026
sow good.

friday nuus
july 24

an intergenerational community of love, personal freedom, ethics and joy!

SUUSI HELPLINE 540-534-1575

call or text 7 am to 11pm

1 - SUUSI Help Desk
2 - Minister of the Day
3 - Star Car Services (call, don't text)

4 - HeaRT Healthy Relations Team
5 - DEIA Services

FRIDAY SCHEDULE HIGHLIGHTS

7-9am: Breakfast, Dalton Dining Hall
7:45-8:45am: Drop-in Guided Meditation, Washington 324
8:30-2pm: SUUSI Office, Pocahontas 102
9-9:45am: Morning Worship, "**Ritual of Leave-Taking: Sowing Resilience**," Hurlburt 127
10-6pm: Books & Bazaar, Moffett 160
11:30-1:30: Lunch, Dalton Dining Hall
Noon-5pm: Pair-a-Dice, Washington 101
3:30-5:30pm: Community Time, Moffett Quad
3-4pm: Youth and Middler Closing Circle, Hurlburt Auditorium 127 (the Bonnie)
4:30-7pm: Dinner, Dalton Dining Hall
6-8pm: Pair-a-Dice Game Pickup, Washington 101
7-8pm: Ballroom Dance Hour, Heth 014
8-9: Teens Way Off Broadway (TWOB) Performance, Bondurant Auditorium, Preston Hall
9-2am: Serendipity, theme: "Steampunk Ball," Heth 014
9:30-11pm: Cabaret: Jamboree, Hurlburt 127 (the Bonnie)
10-1am: CACHE, theme: "Steampunk Ball," Heth 043
11-3am: Late Night Song Circle, Pocahontas 001
1-3am: Un-BBQuusi, It's a Wrap!, Moffett 157

Friday Morning Worship

Hurlburt Auditorium in the Bonnie Student Center, 9-9:45 AM

Ritual of Leave-Taking: Sowing Resilience: An embodied leave-taking ritual led by Dana Taylor, Elizabeth Schell, and friends. Whether you are pagan, wiccan, or any other form of UU, this ritual will be a meaningful way to close out your SUUSI week and spiritually prepare for departure from the embrace of our SUUSI community. Due to accessibility (& unknown weather) concerns, this ritual will happen in Hurlburt Auditorium, same as the rest of the week's worship experiences and will be accessible to all.

TEEN WAY OFF BROADWAY (TWOB)

Step right up, SUUSI... It is time for SUUSI:

The Greatest Show

This year's production brings together big dreams, bold performances, and a whole lot of heart. Inspired by The Greatest Showman, we're exploring what happens when a group of wonderfully unique teens comes together to create something magical. Spoiler alert: it looks a lot like SUUSI.

Get ready for a story full of music, movement, and moments that remind us why this community feels like home.

Congrats to Ivy Breivogel & Phoenix Bell-Shelton for being the first two to guess the theme correctly!

Be sure to check out the TWOB casts' shirts at dinner on Friday Night. At 6:30pm we'll sing a song from the show (in the dining hall). We hope you won't be late for the show at **Bondurant (Preston Hall) at 8pm!**

For parents of young children or those with an earlier bedtime, please contact us for assistance in seeing the show.



STAR CAR rides to TWOB - Please request your Star Car rides to TWOB for as early as 7:00pm. We will have to make many trips to Preston and need an hour to be able to get everyone there by 8:00pm showtime. After the show, come back outside at Preston and we will get everyone to their next activity.

Prepare for Move-Out

PLEASE keep parking lots DD, EE, and I (the tiny lot beside Moffett and Bolling) clear on Friday and Saturday except for when you are ACTIVELY LOADING YOUR CAR. Bring all your stuff out first, move your car into position, quickly load up, and then move immediately. Unlike Sunday when arrivals were staggered over many hours, departure is more compressed and more stressful. Be patient and gracious and channel your SUUSI love one more time! Read your Departure NUUS Friday night so you know what to do.

CHECK-OUT TIME on Saturday will be 11am, so make sure to have everything out of your dorm room and your keys turned in by then.

STAR CARS will be running from 7:30 to 10am Saturday, with a break for Closing Circle at 9.

MOVE-OUT Staff can't move luggage for you, and Star Cars can't haul luggage or drive in the parking lots on Saturday. If you are going to need help loading your car, ask your friends or neighbors on your hall. If you can't find help, email Rachel Bevins at access@suusi.org. If you can help others with loading and carrying on Saturday, email the same address!

One Last Brilliant Buzz

Bring your filled-in Beengo cards to our final Community Time on Friday to be entered for a fun prize! We'll also have a full slate of fun and games, maxing and relaxing, memorials, snowcones and snacks, and one last round of Kickball!

Your Opinion Matters! Take the Survey!

Every year, we ask for your feedback to help us continue improving the SUUSI experience. The Board

and Core Staff review the survey results together and use your insights to help plan for the following year. Please help us make SUUSI '27 the best one yet by sharing what worked well and where we can improve. You can also review a summary of the survey results on the SUUSI website.

**Take the
SUUSI
Survey**

Pick up your Mugbooks and Magnets at Books & Bazaar

Friday Night Jamboree and Gratitude

Join us in the Bonnie for a rousing night of entertainment starting at 9:30 pm after TWOB. We will begin the night with Suusiboyz, followed by Fred Katz and his drumming class, Matt Watroba's Community Sing Group, Louisa and friends, and many others. If you are performing, please plan to be at Jamboree at least thirty minutes before your performance. We try to align with the times scheduled, but things can happen and the show must go on. So don't miss your scheduled time, or a friend's performance – come early, stay late!

Many, many, thanks to a great Cabaret team who helped make this work look so easy. Thanks to Ginger Long, Lisa Bohn, Betsi McGrath, Aidan Quinn, Larry Vita and Jesse Palidofsky. And to Ed Edelson, Star Muir and Aidan Quinn who served as MCs during the week. And great appreciation goes to Ryan and the Radford staff for their awesome work and patience with our many musical requests. Be sure to thank a Radford staff member when you can – they are the best!

It's an honor to bring Cabaret to the SUUSI community each year. We are grateful for the appreciative listeners who choose to be with us each evening, and for the amazing musicians who step up to share their spirit.

And a special shout out to Mike Freeland who runs our Late Night Song Circle, every night from 11:00 until at least 2:00 am. This event is a special one for many of us and we couldn't do it without Mike's deep commitment to sharing music in community.

With Gratitude,
Janette Muir

LAST CHANCES TO DANCES

Tonight is your last chance to enjoy partner dancing at Ballroom Hour. We are just doing 7 - 8pm in Heth 014 (Serendipity). The Friday dance is shortened so we all can go see TWOB. However, there will still be a brief dance lesson along with the usual partner dancing music.

TIME CHANGE at the DIP

Unlike in past years, the Dip (Serendipity) is NOT open extra-late tonight: **Be there at 1am for the closing songs!** CACHE closes at the usual 1am. Both have the theme "Royal Coronation Ball."

Individual and Group Pastoral, Recovery & Spiritual Support

Pastoral Care (spiritual, emotional, or social support designed for short-term situations) is available from our Nurture Team Ministers of the Day (MOD) around the clock through 11 am on Saturday (11pm to 7am for emergencies only, please!). Our MODs also have a list of local care providers for referrals. Call the SUUSI Helpline at **540-534-1575** if you need support. Please give an extra-big thank you to Rev. Christina Branum-Martin who was our Minister of the Day yesterday!

Our **Recovery Room** (Bolling 106) is available for people who need a quiet place for individual reflection or group gatherings around issues of addiction and recovery. Evening meetings will be from 4 to 5.

Our **Meditation Space** is Moffett E312. Relax and recenter there anytime.

IN A PERFECT WORLD, COFFEE WOULD BE FREE

This is not that world. We'll be at Common Ground to receive payments from 2-6pm and 9-11pm on Friday. Please settle your bill before you leave and thank you for a great week! We hope you've enjoyed the coffee, community and home made baked goods as much as we have! Chris, Jill and Josh



Pair-a-Dice Board Game Tournament Winners!

Congratulations to Art Schell and Sarah Gonzalez, the overall first and second place winners of the Pair-a-Dice board game tournament. Some epic board game battles were waged over the three sessions and much fun was had. Many thanks to all who participated. And a special thank you to this year's Celebrity Judge, Kurt Fernstrom!

Pair-a-Dice Board Game Pick-Up

A huge **thank you** to all who donated their favorite board games to the Pair-a-Dice lending library this week! Please come to Pair-a-Dice on Friday night between 6 and 8pm or between 9 and 10pm (staffers are taking a TWOB break from 8 to 9). To arrange a different pick-up time, please text Jen Abercrombie at (202) 213-9322.

UnBBQUUSI - Deli Night - STARTING AT 1AM

SUUSI is coming to an end, but before it does, we have one more chance to get together for some late night food. Join us for sandwiches, soups, snacks and treats in **Saturday at 1am**. Note that we will be getting started earlier than past years.

WHEN: Saturday Morning, 1-3am, Immediately following Serendipity

WHERE: Moffett Lobby

WHAT: Late-night sandwiches, soups and other treats, great community, and late-night vibes.

Bring your appetite and your friends to help us wrap up SUUSI in style. Please sign up for Workshop 353 in SOLIS in advance so we know how many to cook for.

We're 80% of the Way There! | 75 at 75 Campaign Update



Big news, SUUSI! Thanks to your incredible generosity, the **75 at 75** campaign has officially hit **80% of our goal!** We are so close to crossing the finish line, but we need your help to bridge that final 20%. Every single contribution (no matter the size) helps ensure our community, magic, and traditions continue to thrive for years to come.

Let's finish strong! If you haven't had a chance to give yet, now is the perfect moment to help us reach 100%.

How to Help Us Reach the Finish Line:



- Make a Donation: [Click to donate!](#)
- Spread the Word: Remind your workshop friends, cabin mates, and dining hall buddies to chip in!

Thank you for your huge hearts, open hands, and unwavering support. Let's bring this home together!

Director's Joke of the Day

I have two unwritten rules:

1. _____

2. _____

Because I forgot to send one in yesterday, here's another one:

Yesterday I went to a psychic. I knocked on her door and she said "Who is it?"
So I left.



From Overwhelmed to Empowered

(A collective poem written by workshop attendees)

Pause

Accepting what is

I have all you need within

Welcome all the guests, thoughts, emotions

New hope for calmness

To practice gratitude, grace, and forgiveness

Compassion

Calm myself to the moment...

I move with gratitude anchored to resilience

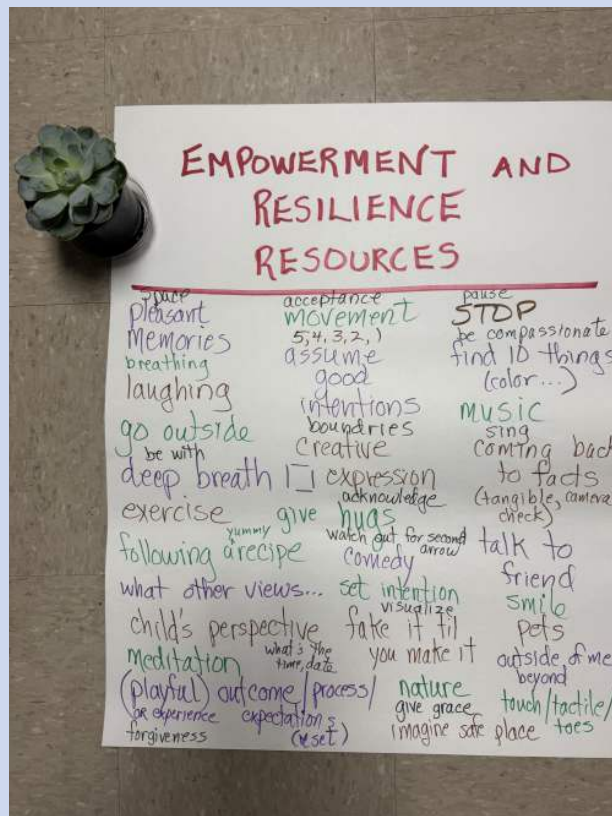
Lean in, lean on, lean out

My eyes are open and I have

what I need

I can do this ♥

SUUSI 2026



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N			D		A
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G			O	F	R
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ALPHYDOKU PUZZLE by Lindsay Stroh

There are nine different letters in this puzzle. Just like the numbers in Sudoku, each letter appears only once in each row, column and square. As you complete the puzzle, a 9-letter word with no repeating letters will appear either horizontally, vertically or diagonally. Can you find the hidden word?

Share Your SUUSI Joy!

Share Your SUUSI Memories!

One of the things that makes SUUSI so special is the community we create together, and we'd love your help capturing that magic. If you've have great photos or videos from the week, please share them with us! Your memories help tell the story of SUUSI, and some may be featured in future web posts, on social media, or in promotional materials to help others discover our wonderful community. **Upload your photos and videos here:**

Share Your Photos

You can simply drag and drop your files into the folder, or click the "New" button in the upper-left corner and select the photos or videos you'd like to upload. To help protect everyone's privacy, please do not upload photos of minors in which their faces are clearly identifiable.

Thank you for helping us preserve and share the joy, connection, and spirit of SUUSI!

Join the SUUSI Community Online!

The SUUSI experience doesn't have to end when the week is over! Stay connected with friends, relive favorite moments, and keep the spirit of SUUSI alive by following us on Facebook and Instagram. We would love to feature your photos or fun(ny) SUUSI memes on our channels!

Instagram: <https://www.instagram.com/suusilove/>

Facebook: <https://www.facebook.com/SUUSIInstitute>

Facebook (SUUSI Friends unofficial): <https://www.facebook.com/groups/269098413195310/>

Thank you for helping us spread the SUUSI spirit—we couldn't do it without you!

As always, find out the latest news from SUUSI at <https://suusi.org>



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