

suusi 2026
sow good.

wednesday nuus
july 22

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

SUUSI HELPLINE 540-534-1575

call or text 7 am to 11pm, or email help@suusi.org

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

Things to Remember

Helpline: If you have a facilities issue between 7am and 11pm, **please call the Helpline.** From 11pm to 7am, you can call Radford at 540-257-0099 for a lockout or emergency plumbing help, but please limit calls to facilities issues that need to be fixed immediately.

Evacuation: If you hear a fire alarm, get out of the building immediately (even if it's inconvenient.)

Teen Dorm Access & Safety Policy: To ensure the safety, privacy, and security of all our campers, no one other than teens and teen staff are allowed in the teen dorms unescorted. If you are a teen parent fulfilling your mandatory door monitoring shift, thank you for your time and help! Please keep the following guidelines in mind during your shift:

- Stay in the Lobby: Door monitors should remain in the designated lobby area for the duration of their shift.
- Need Access to Other Spaces? If you need to enter any teen dorm spaces outside the lobby, you must ask a teen staff member for an escort first.

We appreciate everyone's cooperation in keeping our teen spaces safe and comfortable for our participants. Thank you for helping us protect our teen community!

Dishes: No one is coming to bus your table at Dalton. Please take them to the dish conveyor behind the food service area. Ask for directions if you need to.

[Here is the link to menu options in Dalton Kitchen \(dining hall\).](#)

Radford also uses the **Dine on Campus** App to share their menu for the week. You can look up nutritional facts and ingredients as well. It's available for iPhone and Android. Click on the item name to see the nutritional information.

Got a case of the Wednesdays?

Wednesday can be a tough time at SUUSI. It can feel like there's so little time left, and maybe things haven't lived up to expectations. Or maybe you haven't slept well and you're just feeling extra. We've all been there (or will get there). Take time for self-care and maybe a nap. Call the Minister of the Day if you need to (540-534-1575). Don't be afraid to cancel activities if you need to--SUUSI will still be here next time.

WEDNESDAY SCHEDULE HIGHLIGHTS

7-9am: Breakfast, Dalton Dining Hall
 7:45-8:15am: Guided Meditation (Drop-in, free), Washington 324
 8:30-2pm: SUUSI Office, Pocahontas 102
 9-9:45am: Morning Worship, "Three Things You Must Do," Hurlburt 127
 10-6pm: Books & Bazaar, Moffett 160
 11:30-1:30: Lunch, Dalton Dining Hall
 1:30pm-Midnight: Pair-a-Dice, Washington Basement
 3:30-5:30pm: Community Time, Moffett Quad
 3:30-5:30pm: Board and Candidate Forum, Moffett Quad
 4:30-7pm: Dinner, Dalton Dining Hall
 5-6:30pm: Senior LGBTQ+ Meal Meetup, Dalton Dining Hall
 6-7:30pm: Youth Dance (Youth ONLY), Heth 043
 7:-7:45pm: Evening Worship, "Sowing Community Through Singing," Hurlburt 127
 7-8:30pm: Ballroom Dance Hour, Heth 014
 7:30-9:30pm: Middler Dance (Middlers ONLY), Heth 043
 8-9pm: Concert Hour with Rebecca Berlin, Hurlburt 127 (the Bonnie)
 9-1am: Serendipity, theme: "Vive la Résistance!," Heth 014
 9:30-11pm: Cabaret, Hurlburt 127 (the Bonnie)
 10pm-1am: YA Dance (YAs ONLY), Heth 043
 11pm-3am: Late Night Song Circle, Pocahontas 001
 1-3am: UnBBQuusi (Breakfast), Moffett 157

Wednesday Morning Worship

SUUSI WORSHIP: We hope you will consider joining your SUUSI congregation for worship, morning and/or evening as we explore our theme of "Sow Good." Check [the website](#) for all the services.

Hurlburt Auditorium 127 (the Bonnie), 9-9:45 AM, "Three Things You Must Do"

Forty years ago, *Miss Rumphius* introduced readers to the lupine lady "who made the world more beautiful." This story was inspired by the real life of Hilda Edwards Hamlin, who spread lupine seeds along the roads near her summer home in Maine. This service builds on the ideas in this story to invite us to consider the ways we expand our world view and to make the world more beautiful by sowing good. Led by Rev. Jan Taddeo.

If you have a child to be dedicated at our Thursday night Rites of Passage service,, please contact the Worship Coordinator no later than NOON Thursday at worship@suusi.org

Your SUUSI Board Candidates

Hi! I'm Jill. You may know me as the sourdough baker at Common Grounds. I've been coming to SUUSI for a little over a decade now, and I am excited to be running for the SUUSI Board.

My first SUUSI was Let it Be a Dance. I remember being in the audience in tears watching hundreds of UUs stream in and seeing so many beautiful banners. It was my first taste of SUUSI magic, and I still tear up at ingathering every year.

SUUSI is an oasis in a world where it has increasingly become harder to live our UU values. For one week out of the year, we are blessed to be in fellowship with each other. It has been a gift I treasure year after year and I leave here feeling rejuvenated, ready to face another year.

Being on the Board is an exciting opportunity for me to be part of shaping the future of a community that has become very dear to me. I hope to be able to serve this



Jill Vita

capacity.



Hi, my name is Ariel Figuera and I've been coming to SUUSI for 7 years now. Whenever I think of coming to this amazing community throughout the year we're apart, I get reminded of the people here, who are so important to me. As one of the youth representatives on the SUUSI board I will strive to further create an environment in which everyone will feel accepted and invited.



My name is Hailey Hochberg and I've been coming to SUUSI for 15 years. I have always loved the youth programs throughout the years I spent in them, which lead to my decision to work youth staff during my first and second years in the teen dorm. SUUSI has been a big part of my life which I look forward to each year, and I would love help SUUSI continue to be a positive community by being elected as youth representative!

Come meet your board candidates at Community Time on Wednesday in Moffett Quad from 3:30 to 5:30.



TWOB will be on Friday at 8pm in Bondurant Theater (Preston Hall)! Here is today's clue:

Every story begins with a leap of faith - are you ready to run away with us?

Think you've guessed what this year's TWOB show theme will be? Email your guesses to twob@suusi.org
Want to see the past clues? Click [HERE](#) to see all of the 2026 clues.

For parents of young children (or those with an earlier bedtime) and those who would prefer a sensory-friendly show, please contact us for assistance in seeing the show.

The Community Time beehive will be very alive at 3:30 PM with crafts, games, snacks, competitions, music, conversations, and fun!

Don't forget to work on your BEENGO card to win a prize on Friday!





Director's Joke of the Day

What do you call a pig with three eyes?

A piiig!

BIPOC SUUSI-goers are invited to the exciting, magnificent, Fabulous Family Game Night! Don't miss this beloved annual tradition! In OASUUS, Moffett E322, 7-9 pm.

CONTRA DANCE AT SUUSI?

Anyone interested in discussing plans for a Contra Dance Workshop and Dance at SUUSI next year, please contact Glenn Garland at glennegarland@gmail.com or phone/text 919-360-7768. We can try to have a short planning meeting before the end of the week



[Please Join the Thursday morning Voices of Resistance Free Drop-In Discussion.](#)

Wednesday Evening Worship

Hurlburt Auditorium, the Bonnie, 7-7:45 PM "Sowing Community through Singing"

Our Wednesday night worship will be centered in song and story. We gather in celebration of our long and continuing history of song as a core element in the pursuit of civil and human rights. Lifting our voices, in a time honored tribute to the mass meetings that framed the actions to change the American narrative of freedom. We will sing to embrace a new vision of joyful resistance. Come ready to make a joyful noise. Worship will be led by concert performers Reggie Harris and Matt Watroba.



CONCERT HOUR: Rebecca Berlin at 8pm, Hurlburt Auditorium



If there's one word to describe **Rebecca Berlin** it is alchemy. Her musical style, "folk with a twist", blends the narrative quality of traditional folk with elements of jazz and musical theater, and she is known for unique melodies and song structures, vulnerable storytelling and a voice that cuts through the noise. It's been said that she has the voice of Sara Bareilles mixed with the honesty of Joni Mitchell and the poetic lyricism of Ani DiFranco. After taking a multi-year break from music to pursue dance and build her career as a Pilates/Yoga/Gyrotonic teacher, Rebecca burst back into the music scene in 2023 and is rapidly gaining attention as a writer, singer and performer, and her recent album releases include "Grief Triptych" in 2023 and "Questions

Individual and Group Pastoral & Spiritual Support

Recovery Room: Bolling 106 Recovery Meeting Schedule: W-F: 4-5pm

This week, we have an Addiction and Recovery Room where members of the SUUSI community may seek peace, support, and connection. The Recovery Room will be open 24hrs/day Monday-Friday, except when in use posted on the door by Ministers of the Day. Our scheduled recovery meetings for the rest of the week are 4-5 pm (Wed - Fri).

Pastoral Care: 540-534-1575

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. Today's Minister of the day is Rev. Cassie Howe, who is at SUUSI for the first time! Ministers of the Day will be present at Community Time at the Memorial Wall, as well as on call throughout the day. Please give an extra-big thank you to Rev. Dawn Cooley who was our Minister of the Day yesterday!

HeaRT

HeaRT's mission is simple: help SUUSI goers forge stronger bonds when there is a conflict. Check out [this slide deck](#) for an inside look at the process. If you'd like to chat or learn more, reach out to the helpline!

It's Wednesday Night at Cabaret

We're half way through the week and there is still so much to enjoy! Cabaret starts at 9:30 and we will begin the evening with a little drumming by Fred Katz, then follow with Friction Farm, Angel Wall, Bronwyn and Lock, the Muir Family Singers and finish out the night with the Melodica Mommas. Don't miss these wonderful performances!

And...remember, Friday night is Jamboree. Find some friends to perform with and sign up with Janette for one song. Text (703)477-3940 and leave a text message that starts with Cabaret. We'll get back to you with a time slot. If you'd like to perform, but don't know anyone to play with, let us know and we'll find you a friend or two.

Come Sing a Song with Us - Late Night Song Circle

It's not that late for more music.... Join the Late Night Song Circle starting at 11:00. Located in the Pocahontas Basement.

SUUSI's 2nd Annual Lip-Sync Battle, Thursday night, 8 pm, Hurlburt Auditorium 127 Hosted by Dan Eppley, of school of rock fame.... 12 contestants — whoever they may be — will dazzle us with their take on a popular song. Costumes, makeup, outlandish dance moves are all fair play! Come and enjoy this wacky event. Wanna be a contestant? Text Dan at 337-321-3554 and he will send you the link to the sign-up form. But hurry up! There are only 12 slots!

Start your toes tapping tonight at Ballroom Hour, held 7 - 8:30pm. We are located in the Heth 014(Serendipity) and we will be playing a mix of Ballroom, Swing, Latin, and Country music for your partner dancing pleasure. Adding to the excitement we will run a short dance lesson (15 minutes) during the evening and then play music you can practice your new dance skills to.

UnBBQUUSi - Late Night Breakfast

Danced up a storm at Serendipity and not ready to call it a night? We've got you covered. Skip the meager midnight snack and join us for the ultimate late-night comfort food:

Breakfast for Second Dinner!

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

WHERE: Moffett Lobby

WHAT: Late-night breakfast favorites, great community, and late-night vibes.

Whether you're craving carbs after dancing, looking to wind down with friends, or just firmly believe that pancakes taste better after midnight— UnBBQUUsi is the place to be. Bring your appetite and your friends. Sign up for Workshop 352 in SOLIS in advance so we know how many to cook for.

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A LPHYDOKU 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/suusiilove/>

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>

